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"He may live without books—what is knowledge but grieving?
He may live without hope—what is hope but deceiving?
He may live without love—what is passion but pining?
But where is the man who can live without dining?"

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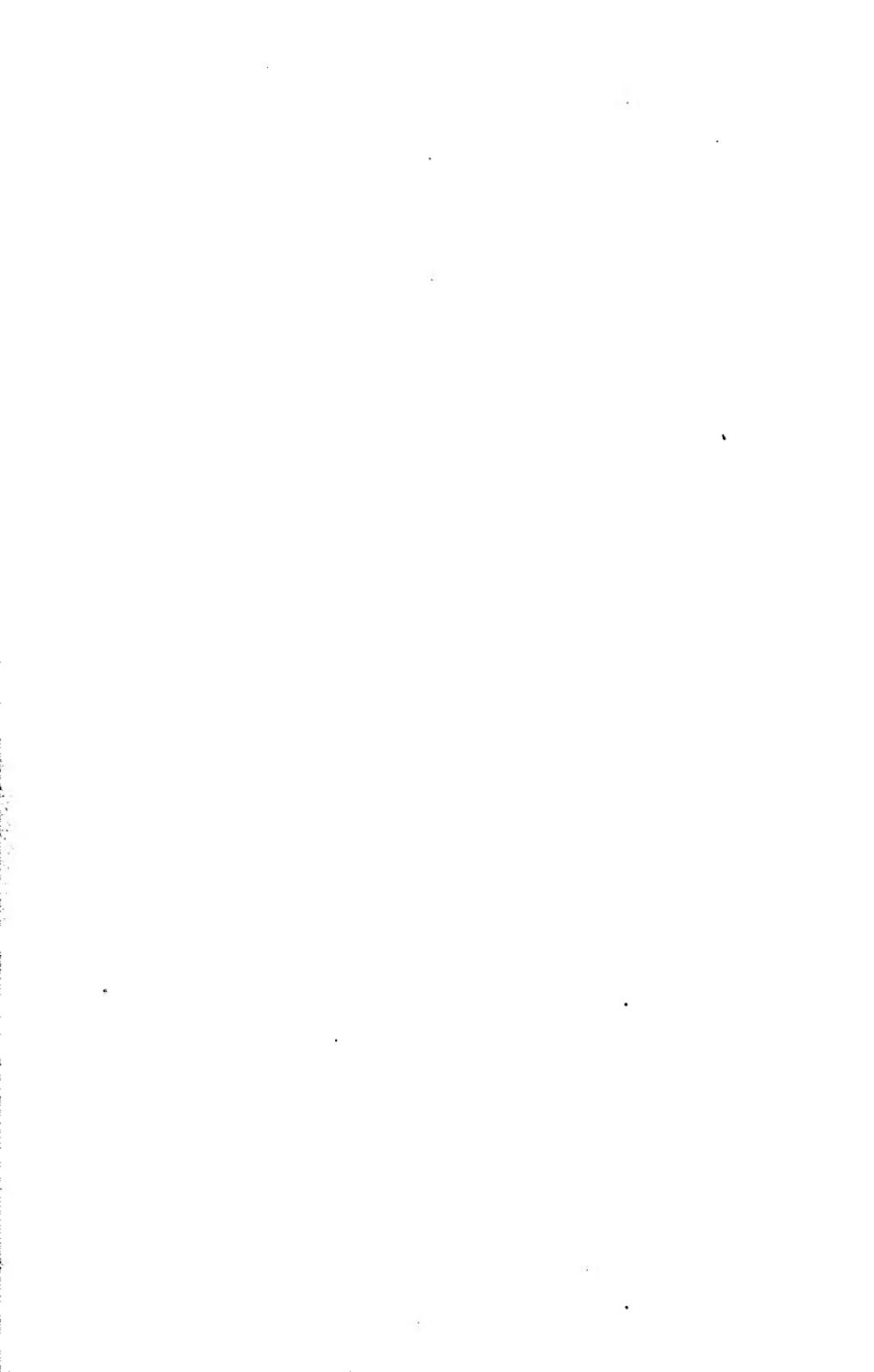
It is with pleasure we present our completed Cook Book for your consideration. It has been a big but pleasant effort. To complete an article that will be of lasting value to many is a pleasure indeed. To those who are making their goods known by using space in our book we express our appreciation and ask our many readers to consider favorably those who show the public spirit by so advertising. To the many who have contributed their tested recipes we extend our thanks.

This work was done in the first year of the history of St. Paul's United Church, Assiniboia. "United Effort" has been our motto and our experience. We shall long remember our first year of activity, and look ahead for greater growth and development.

Southern Saskatchewan has great possibilities, and we hope that the moral and spiritual progress will keep pace with the material in the years to come. For this reason we are thankful if in our efforts we have helped along interests of fundamental value in a nation's welfare.

INDEX

Bread, Rolls, Breakfast and Tea Cakes	9
Soups	23
Fish	30
Puddings and Sauces	35
Meats	49
Pickles	65
Vegetables	77
Jams, Jellies and Fruits	87
Ices and Creams	94
Salads, Sandwich Fillings and Cocktails	101
Cheese and Egg Dishes	121
Cakes	129
Pies	149
Cookies, Small Cakes and Doughnuts	159
Confections and Beverages	179



**Makers of "Sweet Home" Nature Flavoured Flour
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AND TEA CAKES**

"Would you know how first he met her?
She was cutting bread and butter."

HOME-MADE YEAST.—Grate three medium sized raw potatoes. add two quarts of boiling water. Cook three or four minutes. Let cool. Add one cup white sugar, one-half cup salt, water (hot) that has been poured over a handful of hops. Lastly add one yeast cake soaked. Let stand twenty-four hours before bottling.

WHITE BREAD.—At dinner time pour potato water over one cup of flour, stir well. Add two tablespoons of sugar, one tablespoon of salt, one teacup of mashed potatoes. Now add about one quart of water. Set aside until nearly cool. Then add one yeast cake which has been soaked in warm water. Beat well, cover, and put in a warm place until 10 o'clock at night. Then knead stiff. Cover up tight and warm. The next morning early mix down and let rise again. Form in loaves and let rise until two and one-half times original size. This should take from one to one and one-half hours when it is ready for the oven. The bread should be started to brown for at least fifteen minutes after it is put in the oven. Bake one hour.—Mrs. J. K. Kerchner.

MILK AND WATER BREAD.—One cup scalded milk. One cup boiling water. One teaspoon lard. One teaspoon butter. One yeast cake (dissolved in one-half cup lukewarm water). Six cups sifted flour. One and one-half teaspoons salt. Place butter, lard and salt in mixing bowl and add liquid. When lukewarm add dissolved yeast cake, stir in flour until stiff enough to knead. Then turn on floured board, knead until mixture is smooth and elastic to the touch. Return to the bowl, cover with a cloth. Let rise until double its bulk. Cut down again, knead for short time and shape into loaves. Let this rise until double, then bake one hour. This entire process can be done in five hours.

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BROWN BREAD.—One cup brown sugar, two large cups sour milk, one-half cup molasses, two teaspoons soda, one-half teaspoon salt, one-half cup white flour, three cups graham flour, one cup raisins, one cup chopped nuts. Mix the sugar and molasses together. Dissolve the soda in the sour milk and add to the sugar and molasses. Mix the salt in the white flour and add to the mixture, then the graham flour, and beat well. Add the floured raisins and nuts last. Bake two hours in a slow oven.—Mrs. W. J. Cossette.

STEAMED BROWN BREAD.—One egg, two cups sour milk, one-half cup molasses, one-half cup sugar, one teaspoon salt, one teaspoon soda dissolved in sour milk, one and one-half cups corn meal, one and one-half cups graham or whole wheat flour, one cup seedless raisins. Put in tins about the size of tomato cans, fill half full and steam three hours. When done take them out and dry in the oven for a few minutes.—Mrs. O. A. Borgen.

OATMEAL BREAD.—Boil one cup of oatmeal thoroughly in salted water, and when done add one and one-half cups milk; mix in carefully three cups flour previously sifted with three teaspoons baking powder and one-half teaspoon salt. Grease the bread pan and bake in moderate oven.—Mrs. A. Draxten.

OLD FASHIONED BROWN BREAD.—Put one pint of yellow corn meal in a mixing bowl and seal it with just enough boiling water to moisten it. Let this stand about ten minutes, then add enough cold water to make a soft batter. When lukewarm add one-half cup molasses, one-half cup liquid yeast, one teaspoon soda, one-half teaspoon salt and one pint warm flour. Stir well and let rise over night. Next morning stir it down again and put into well greased tins to rise. Bake in a moderate oven two hours.—Mrs. Frank Kissner.

RYE BREAD.—Soak one-half yeast cake in one cup warm water; one cup of scalded milk, one cup of hot water, two tablespoons butter, two tablespoons brown sugar, two teaspoons salt. Dissolve the sugar, butter and salt in hot milk and water. When cool add dissolved yeast cake and about three cups wheat flour. Beat thoroughly and put in warm place to rise. When light add rye flour until dough

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is stiff enough. Then knead thoroughly, let rise, and shape into loaves. Let rise again and bake.—Mrs. J. K. Kerchner.

PARKER HOUSE ROLLS.—One cake Fleishmann's yeast, one pint milk scalded and cooled, two tablespoons sugar, four tablespoons of butter, three pints sifted flour, one teaspoon salt. Dissolve yeast and sugar in lukewarm milk; add butter and one and one-half pints of flour. Beat smooth, cover and let rise in a warm place one hour. Then add remainder of flour or enough to make stiff, and salt. Knead well; place in a bowl, cover and let rise till double in bulk, roll out one-quarter of an inch thick, brush over lightly with melted butter; cut with biscuit cutter. Grease through centre heavily with a knife and fold over. Place in greased pan, cover, and let rise about three-quarters of an hour, and bake ten minutes in a hot oven.—Mrs. C. E. Barr.

PARKER HOUSE ROLLS.—Boil and mash two potatoes in the water in which they were boiled. When cool add one-half yeast cake, a pinch of salt and flour to make a soft batter. Let rise over night. In the morning add one-quarter cup sugar, a pint of scalded milk, one-half cup butter, one egg well beaten. Let milk cool before adding, and mix in enough flour to knead, but not too stiff. Let rise till double its bulk, and roll out to one and one-half inch thick. Cut, brush with butter and fold. Let rise again till double in size and bake in a hot oven.—Mrs. J. A. Campbell.

GRAHAM BREAD.—Four cups graham flour, one-half cup brown sugar, one-half cup molasses, one teaspoon salt, one teaspoon soda dissolved in one pint sour milk or buttermilk. Mix together and bake in a slow oven for two hours.
—Mrs. A. J. Robinson.

GRAHAM BREAD.—To one quart of bread sponge add one-half cup melted butter, two tablespoons sugar, one cup of white flour, one teaspoon salt and enough graham flour to make a thick batter, so thick that it will be hard to stir. Put in well greased tins. Let rise and bake slowly.
—Mrs. J. K. Kerchner.

THREE-DAY BUNS.—At noon fix one yeast cake in one cup cold water. In the evening mix in flour. Let rise until morning; then add two cups cold water, one cup sugar, one-half cup lard, one teaspoon nutmeg and one teaspoon salt.

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Mix stiff, and let rise one-half day. Knead down, then let rise all afternoon and make into biscuits the size of walnuts at night. Let these rise all night and bake in the morning.
—Mrs. E. J. Campbell.

FLEICHMANN'S YEAST BUNS.—(Excellent) — One cake Fleichmann's yeast, two cups milk (scalded and cooled), one tablespoon sugar, five and one-quarter cups sifted flour, one-half cup sugar, three tablespoons butter, one-quarter teaspoon mace, two eggs, and one-fourth teaspoon salt. Dissolve yeast and one tablespoon sugar in lukewarm liquid. Add one and one-half cups flour and beat well. Cover and set aside to rise in warm place for about one hour or until bubbles burst on top. Add to this the butter and sugar creamed, mace, egg well beaten, salt. Add the remainder of the flour to make a moderately soft dough. Knead lightly, place in well greased bowl; cover and allow to rise again in a warm place for about one and one-half hours. When light form into buns. This makes lovely doughnuts by rolling on floured board about one-third inch thick, and then cutting with small doughnut cutter. Let rise again in warm place about forty-five minutes. Fry in deep fat, and roll in sugar.—Mrs. A. Glaholt.

GRANDMOTHERS' BUNS. — Three cups lukewarm water, one-half cup lard, one cup sugar, one cup currants, one tablespoon salt, one yeast cake, two quarts flour. Dissolve yeast cake in one-quarter cup water for about ten minutes. Melt the lard; put water, sugar, salt and lard into mixing pan, add dissolved yeast cake and flour enough to make stiff batter. Let rise until light. This should be ready in the middle of the afternoon. Add currants, and flour enough to make a dough so it will not stick. In the morning knead lightly and let rise; then form into buns; put into buttered pans and bake in a medium hot oven.—Mrs. C. House.

CINNAMON ROLLS.—Take a small loaf of light bread dough, roll out to a thickness of about three-quarter inches and spread with butter. Sprinkle with sugar and cinnamon and roll into loaf. Cut in slices about one inch thick. Place in a long bread pan and put in a warm place to rise. Bake in fairly hot oven.—Mrs. Mallory.

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SUNNY SMILE BISCUITS.—One-half cup sugar, one egg (beaten until light), flavor with grated nutmeg. Have ready two and one-half cups sifted flour to which has been added two rounded teaspoons baking powder and one-half teaspoon salt. Take one cup sweet cream (use one tablespoon melted lard if you use milk), add cream and flour alternately to above batter, adding flour last. Drop into gem tins and bake fifteen or twenty minutes.—Mrs. J. R. McLachlan.

CINNAMON ROLLS.—Roll out the desired quantity of bread dough and spread with brown sugar, butter and cinnamon. Roll and cut into slices, and set aside to rise. Before placing in oven add melted butter and corn syrup. Do not bake in too hot an oven or the syrup will burn. When done turn on a plate with the bottom of rolls up.—Mrs. C. H. Webster.

LUNCHEON BISCUITS.—(Good with Vegetable Salads). Melt four tablespoons butter in five-eighths cup whole wheat bread crumbs. When nearly cool add one cup sifted flour sifted with one teaspoon salt and three teaspoons baking powder. Add one-quarter cup grated cheese and roll out on a flour board. Shape into small rounds, brush lightly with milk and bake in a quick oven.—Mrs. Drewery.

DOUGH BISCUITS.—One quart of sifted flour, one cup bran, one-quarter teaspoon salt, one-half cup sugar, one-half yeast cake dissolved in warm water. Mix dry ingredients and add yeast, add enough warm scalded milk to knead into a stiff dough; add two tablespoons butter. Knead well and put to rise for one hour. Then roll out and cut into shape. Allow to rise again for one-half hour. Bake for thirty minutes in a medium hot oven.—Mrs. E. White.

OAT MEAL BISCUITS.—One cup rolled oats, one cup sweet milk, one and one-half cups flour, two tablespoons shortening, three teaspoons baking powder, one-half teaspoon salt. Pour milk over meal; let stand ten minutes. Sift flour, baking powder and salt together. Mix fat in with finger tips. Then add oats, milk and sugar. Mix quickly, roll and cut into biscuits. Brush with milk and bake fifteen minutes in a hot oven.—Mrs. S. Winfield.

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RUSK.—To one pink bread sponge add one pint warm milk, one-fourth cup sugar, lump of butter size of an egg, two well beaten eggs, salt. Mix in enough flour to make a soft loaf. Set in a warm place to rise. When light mix down. Let rise again, then make into biscuits. When light bake in rather a quick oven. When done rub over top with butter.

DATE BISCUITS.—One cup sweet milk, one and one-half cups graham flour, two tablespoons butter, one well beaten egg, one level teaspoon salt, one-fourth cup brown sugar, four teaspoons of baking powder, one-half cup chopped dates or figs. Scald the milk to the boiling point, then add the butter and sugar. Combine the flour, salt and baking powder and sift. Add the egg and stir it all into the hot milk, and beat well. Add the dates or figs dredged in flour, then fill gem pans nearly two thirds full and bake a golden brown in a rather quick oven. These are excellent to serve with marmalade for breakfast.—Mrs. H. Broeder.

CHEESE BISCUITS.—Mix and sift two cups sifted flour, four teaspoons baking powder and one teaspoon salt. Work in one tablespoon shortening and one-half cup grated cheese with tips of fingers. Add three-fourths cup milk. Toss and roll lightly on a floured board to one-half inch thickness. Cut out and bake about fifteen minutes.—Mrs. Drewery.

GRAHAM MUFFINS.—Cream together one egg and two tablespoons of brown sugar. Add one cup sour cream in which is dissolved one teaspoon soda and one-half teaspoon salt. Two cups of graham flour, and two tablespoons of melted shortening add last. Cook in muffin pans twenty minutes.—Mrs. C. M. Lowes.

GRAHAM MUFFINS.—One egg, one-half cup cream and one-half cup milk, or two tablespoons shortening and one cup milk, a pinch of salt, two teaspoons baking powder, two cups flour, one cup graham flour or bran if preferred, one-half cup sugar. Bake in a quick oven.—Mrs. J. Coates.

GINGER MUFFINS.—One-half cup sugar, one-half cup molasses, one-half cup butter, one teaspoon each of cinnamon, ginger and cloves. Two small teaspoons soda in one cup hot water, two and one-half cups flour, two eggs well beaten added just before baking.—Mrs. J. R. McLachlan.

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BRAN MUFFINS.—Two cups flour, two cups bran, one cup brown sugar, one-fourth cup butter, one cup sour cream, one egg, one teaspoon soda, one teaspoon baking powder, one-half teaspoon ginger, one-half teaspoon cassia, one-half teaspoon cocoa. Mix as for cake.—Mrs. G. H. Glover.

BUNS.—One cup sponge, one pint warm water, one-half cup lard, one-half cup sugar. Mix quite soft, let rise to double its size. Mix out in buns; let rise three hours. Bake twenty minutes.—Mrs. F. Reimers.

GOLDEN PUFFS.—Sift together one and one-half pints of graham flour, one teaspoon salt, two large teaspoons baking powder. Add two well beaten eggs, and with one pint of milk, mix to a batter. Butter gem pans and fill half full. Bake in a quick oven for ten minutes.—Mrs. Evelyn Green.

BUNS.—Four cups milk, let come to a boil. Add one-half cup butter, one-half cup sugar. Let this cool; then add one yeast cake which has been soaked in one-half cup of warm water, and two teaspoons salt. Mix in flour like for bread. Keep warm and let rise over night, then add more flour. Let rise once more, then the second time put into pans and let rise again. Then bake.—Mrs. E. France.

FRIED BREAD.—Take a piece of butter the size of a walnut, let it melt in a pan, then add a cup of very fine white bread crumbs. Salt and pepper. Stir slowly on slow fire. Fry bread to a nice golden brown and until it is crisp. Serve very hot.—Mrs. Nougaret.

CORN MEAL MUFFINS.—Two eggs, three-fourths cup sugar, one-half cup butter, salt, one cup sour milk, one teaspoon soda, one cup corn meal, one and one-half cups flour. Bran or graham flour may be used.

OAT MEAL GEMS.—Soak two cups rolled oats in one and one-half cups sour milk over night. In the morning add one-fourth cup melted butter, one-third cup sugar, or more if desired, one egg well beaten, one teaspoon soda, one-half teaspoon salt, one cup flour. Bake in gem tins in a hot oven.

BRAN GEMS.—Butter the size of a large egg, one heaping tablespoon of sugar, one egg, one-half teaspoon

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salt, one cup sour milk, one small teaspoon baking soda, sifted in one cup white flour, one cup bran. A cup of raisins will make these really delicious. Bake in a quick oven.—Mrs. H. Shaw.

NUT BREAD.—One cup sugar, four cups flour, one teaspoon salt, four teaspoons baking powder, two cups walnuts (broken), two cups milk, one egg. Mix dry ingredients together. Stir in milk and egg. Let rise for half an hour, then bake in a moderate oven for one hour.—Mrs. Fenwick.

RAISIN LOAF.—Take about one quart of bread sponge, one egg, one small cup sugar, one and one-half cups raisins, one small cup butter, enough flour to make a stiff dough. Let rise once. Mix down and let rise again. Then put in well greased tins, let rise and bake in slow oven. Currants may be substituted in place of the raisins, making a currant loaf, and nuts may be added to either. It can also be made into buns instead of loaves.—Mrs. J. K. Kerchner.

RAISIN BREAD.—Three cups flour, four teaspoons baking powder, one teaspoon salt, one cup seeded raisins, one egg, one cup sweet milk, one-half cup sugar. Soak raisins fifteen minutes, sift flour, sugar, salt and baking powder. Add raisins, and beaten egg with milk, to flour. Pour into greased, one-loaf pan. Let stand ten minutes, then bake in moderate oven forty to forty-five minutes.—Mrs. W. H. Vail.

DREAM BISCUITS.—Two cups flour, one egg well beaten, one-half cup sweet cream, one teaspoon baking powder, one pinch salt. Make a soft dough, roll and cut. Bake in quick oven.—Mrs. W. J. Cossette.

NUT BREAD.—One and one-half cups brown sugar, two eggs, a pinch of salt, two cups sour milk, two teaspoons of soda dissolved in sour milk, three and one-fourth cups of SWANS DOWN CAKE FLOUR, one cup chopped nuts. Beat eggs, add the milk, soda, salt and sugar. Add this to the flour, which has been mixed with the nuts. Bake slowly for one hour.—Mrs. Buchard.

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JOHNNY CAKE.—One tablespoon shortening, one-half cup sugar, one teaspoon salt, one teaspoon soda, a little cream of tartar, two and one-half cups sour milk, one heaping cup flour, two heaping cups corn meal.—Mrs. R. L. Broad.

DATE BREAD.—Three and one-half cups graham flour, one teaspoon salt, one cup sugar, two cups dates chopped and rubbed into the flour, one and one-half teaspoons soda, two cups sour milk.—Mrs. P. J. Warren.

JOHNNY CAKE.—Two eggs, one-half cup sugar, one cup lard and butter mixed, one and one-half cups cornmeal, one and one-half cups flour, one teaspoon salt, four level teaspoons baking powder, one cup sweet milk.—Mrs. F. O. Brault.

COFFEE BREAD.—Two cups bread sponge, one egg, one-half cup milk, two tablespoons butter, four tablespoons sugar, a few raisins. Mix with flour and let rise twice before putting in pans. Make a mixture of white of an egg, cinnamon and sugar and rub over top before putting in the oven.—Mrs. O. A. Borgen.

POP-OVERS.—Two eggs well beaten, one cup milk, pinch of salt, one cup flour. Beat all together for several minutes. Bake in gem pans in a quick oven.—Mrs. M. Moyer.

TEA SCONES.—One and one-half cups flour, one-half teaspoon soda, one-half teaspoon cream of tartar, one-half teaspoon salt, butter the size of a walnut, three-fourths cups of buttermilk. Mix and roll out, cutting them around a saucer, and mark in four. Grease a frying pan and bake slowly on top of a gasflame or range. Brown nicely before turning. These are nice for supper with maple syrup or jam.—Mrs. W. J. Perkins.

GOOD HEALTH SCONES.—Two cups flour, one cup Health Bran, one cup whole wheat breakfast food from Assiniboia Flour Mill, two ounces butter, one dessertspoon syrup or one and one-quarter dessertspoons of honey, one teaspoon soda, two teaspoons cream of tartar, one-fourth teaspoon of salt, and buttermilk. Sift the flour, soda, cream of tartar and salt. Add the bran and whole wheat and mix

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well. Rub in the butter lightly; add the syrup and milk enough to make a firm dough. Roll lightly into a round. Keep very thick, cut into four, put on a buttered and floured tin and bake in a hot oven till firm (about twenty minutes). Cool on a sieve in a warm place.—Mrs. T. H. Ross.

ENGLISH TEA SCONES.—Three cups flour, one-fourth teaspoon salt, two teaspoons baking powder, three-fourths cups sugar, one large tablespoon of butter rubbed into flour, one cup seedless raisins, two eggs, and milk enough to roll. Cut into triangles and bake in a hot oven.—Mrs. J. Hume.

POTATO PANCAKES.—Six medium sized potatoes, grated, two eggs well beaten, good pinch salt. Bake on a good hot griddle like other pancakes.—Mrs. M. Moyer.

WAFFLES.—Two cups of flour, two and one-third cups sweet milk, one-half cup melted butter, two teaspoons sugar, two teaspoons salt, three eggs, yolks and whites beaten separately. Have the waffle iron hot and well greased. The same recipe may be used for griddle cakes.—Mrs. J. P. Frostad.

WAFFLES.—Three eggs, three cups buttermilk, one cup water, one teaspoon soda, a little salt, flour enough to make as thick as cake dough.—Mrs. O. A. Borgen.

LUNCH ROLLS.—One cake Fleischmann's yeast, one and one-fourth cups milk, scalded and cooled, one tablespoon sugar, two tablespoons lard or butter, one egg, four cups sifted flour, one teaspoon salt. Mix all together and let rise about two hours. When light make into rolls. Let rise until double in bulk, brush with egg and milk and bake ten minutes in a hot oven.—Mrs. Christie.

TEA ROLLS.—Four cups scalded milk, three tablespoons butter, two eggs, one tablespoon sugar, one teaspoon salt, one yeast cake dissolved in one-half cup lukewarm water. Pour the milk over the sugar, salt and butter. When this mixture is lukewarm put in two cups flour and dissolved yeast, and allow to stand over night. In the morning add two well beaten eggs and enough flour to knead. Allow to rise until double in bulk, then form into long narrow rolls and place together in a well greased bread pan, brushing between each roll with melted butter. Allow this to rise until double in bulk, then bake for twenty-five minutes in a hot oven.—Mrs. Frank Kissner.

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SOUR-MILK PANCAKES.—Beat yolks of two eggs until creamy, then add two cups of sour milk, one teaspoon each of salt and sugar. Beat into this two and one-half cups of flour and one-half teaspoon of soda mixed in one teaspoon of warm water; two teaspoons of melted butter, then the stiffly beaten whites of eggs. Fold all together and fry.—Mrs. G. H. Batterley.

BROWN BREAD.—One egg, one tablespoon butter, one cup brown sugar; soak one package dates in one cup boiling water, let cool. One-half cup of walnuts, one teaspoon vanilla, one teaspoon soda, one-half teaspoon salt, two cups flour; dissolve soda in a little hot water. Bake one hour in slow oven.—Mrs. M. Crocker.

TEA BISCUITS.—One quart flour, one teaspoon salt, three teaspoons baking powder, one level teaspoon soda, four tablespoons lard, one cup sugar, one cup currants, one pint milk. Mix well all ingredients in order as given, except milk. When other ingredients are well mixed, one pint of sweet or sour milk may be used.—Mrs. W. Brent.

SHREDDED WHEAT BISCUIT FOR BREAKFAST.—Warm the biscuit in the oven to restore crispness—don't burn—pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or, serve with cold milk or cream, according to individual taste.

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SUGGESTIONS FOR MAKING.—The foundation for all soups is lean meat—beef, veal or game—to which is added the broken bones of the same. Always put the meat to cook in cold water. Never allow to boil rapidly, but simmer slowly on a very slow fire for five or six hours. Skim well, and occasionally add a little cold water to stop the boiling, until it becomes quite clear. Strain and set aside for use. When cold it will be stiff like jelly. When you wish to prepare soup, to a pint of stock add a pint of hot water. Use any thickening or flavoring you may desire. The herbs most in favor for soup are parsley, sage, mint, bay leaves, sweet marjoram and thyme; onions and garlic in small quantities. Only white vegetables should be used in white or chicken soup. Thickened soups should be more highly seasoned than thin ones.

CONSOMME.—Four pounds beef, one ounce suet, one small onion, three quarts cold water, four cloves, one small carrot, a piece of celery, one egg white. Cut into discs four pounds lean beef from the round, put about one ounce of suet and one small onion sliced into soup kettle and cook until a good brown; then add the meat and cook without covering thirty minutes. Add the cold water, cover the kettle and simmer gently for about three hours. At the end of this time add the cloves, carrot, a piece of celery, and simmer one hour longer. Strain and stand away to cool. When cold remove all grease from the surface. Turn the consomme in a kettle. Beat the white of an egg with one cup cold water, add it to the boiling consomme, boil one minute, and strain through cheese cloth. Season, and it is ready to serve.

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VEGETABLE SOUP.—One carrot, one onion, one slice of cabbage, one small turnip, top of celery, and one-half red pepper. Run all through the meat chopper, and add to one quart of meat stock. Simmer for one hour.—Mrs. C. Robertshaw.

CREAM POTATO SOUP.—Boil and mash potatoes as for table, beating with a large fork until creamy. Heat rich milk to which add a little cream or butter. Stir in potato slowly and heat to boiling point once more. Serve with crisp celery and buttered toast.—Mrs. R. D. Coutts.

CREAM OF CELERY SOUP.—One head of celery, one and one-half cups of stock or water or milk, yolk of one egg, salt to taste. Wash celery, cut in small pieces; cover with stock or cold water; bring to a boil and simmer slowly for one-half hour; press all but stringy fibres through a sieve. It should measure one cupful and if not add enough water to make a cupful. Slowly heat milk till steaming hot. Season, add milk, yolk of egg. Do not boil after egg has been added. Serve hot.—Mrs. C. E. Barr.

NOODLE SOUP.—One egg, as much milk as you have egg, pinch of salt, flour to roll. Beat egg, add milk and salt, and flour to make real stiff. Roll in a sheet as thin as possible, then roll sheet into one long roll. Keep well floured so it will not stick together, then with a sharp knife cut across roll into fine strips. Chop the strips all up and boil in stock about fifteen minutes or in stew. This can also be used instead of macaroni in most any macaroni dish, boiling in water first, or they can be dried and kept any length of time.—Mrs. S. M. Moyer.

POTATO SOUP.—Mash your potatoes for dinner, leaving enough in the kettle for some soup. Add to it some fine cut onions, salt and pepper, celery salt. Boil up well with milk. Serve hot.—Mrs. P. O. Anderson.

ONION SOUP.—Peel a large Spanish onion and leave it in boiling water for half an hour with a little salt added. Then cut up very fine and put in a saucepan with a walnut of butter and a pint of light stock. Cook until the onion is quite soft. Blend a teaspoonful of cornstarch with a little milk and add this to the soup. Stir over fire until boiling. Season to taste. Just before serving add a tablespoon of

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cream. This is also very nice if onion is cooked in very little water and then add a pint of milk. Boil and then add the cornstarch.—Mrs. W. J. Johnson.

CELERY SOUP.—One head celery cut in small pieces, one small onion cut into small pieces, salt, a little water. Boil until tender and almost dry. Melt the butter and mix with a little flour, then add the required quantity of milk and boil until thickened. Add celery and water and boil two or three minutes. Season to taste.—Mrs. G. H. Batterley.

CREAM OF PEA SOUP.—One cup cooked peas (other vegetables may be substituted), two cups vegetable water, two cups milk, four tablespoons flour, two tablespoons butter, salt and pepper. Pass the peas through a sieve or chop finely. Put vegetable water on to boil. Mix flour smoothly with a little milk. Stir this into the boiling liquid and stir constantly until it thickens. Boil two minutes. Stir in the butter, vegetables and rest of the milk and bring to simmering point. Season. Serve hot.—Mrs. P. J. Warren.

RICE AND TOMATO SOUP.—Two quarts stock, add one pint fresh or canned tomatoes and one-half cup rice. Cook slowly one-half hour. Season.—Mrs. A. I. Kanten.

SALMON SOUP.—One small tin salmon; heat one quart milk and stir into it one tablespoon flour mixed with a piece of butter size of a walnut. Bring to boil. Add salmon, bring to boil again. Season with salt and pepper and serve.—Mrs. R. D. Coutts.

OYSTER SOUP.—One pint of oysters, one quart of milk, one tablespoon of butter, one tablespoon of flour, one teaspoon salt, one-fourth teaspoon of black pepper. Drain the oysters in a colander. Boil the liquid; skim and strain it; add to it half a pint of cold water and oysters; boil and skim again. Put the milk in a double boiler. Add the flour moistened in a little cold milk; when this begins to thicken add the butter, salt and pepper. Pour this quickly into the kettle with the oysters. Heat and serve. Do not boil or the soup will curdle.—Mrs. J. P. Frostad.

CREAM OF TOMATO SOUP.—One-half can tomatoes, two teaspoons sugar, one slice onion, one-fourth teaspoon soda, four tablespoons butter, one quart milk, four tablespoons flour, one teaspoon salt, one-eighth teaspoon

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pepper. Cook tomatoes, sugar and onion together until soft. When boiling, add soda and stir. Rub through sieve. Heat milk. Mix flour, salt and pepper to a paste and stir into hot milk. Let cook for five minutes. Combine milk and strained tomatoes immediately before serving. Add butter; stir until melted and serve at once.—Mrs. C. W. Crabtree.

BEAN SOUP.—One pint of navy beans boiled until very tender with as little water as possible. Add one quart of cream, two quarts of milk, one tablespoon butter, salt and pepper. Let come to a boil, and serve with crackers or croutons.

SPLIT PEA SOUP.—Soak one cup split peas over night in enough water to cover more than one inch. In the morning strain. Add four bay leaves, one medium sized onion, cover with fresh water, and boil until tender. Put through sieve. Add scant quart milk (cream will improve it). Season with salt, pepper, celery salt, paprika and butter.—Mrs. M. Beard.

CORN SOUP.—Put one can corn in one pint cold water and let simmer. Fry one onion in a little butter, add to corn. Heat one quart of milk, two tablespoons flour, two tablespoons butter. Mix with some of the hot milk, and add to the rest of the milk. Sift the corn and season with two teaspoons salt. Mix and heat. Add whipped cream to each dish. Serve with cubes of bread fried brown.—Mrs. I. Horn.

CREAM OF TOMATO SOUP.—One quart of canned tomatoes, one quart of milk, one tablespoon butter, one-half teaspoon of soda, salt and pepper. Strain tomatoes and heat them, adding butter, salt and pepper and one-half of soda. Thicken with a little flour. Add a little chopped onion or celery if so desired. Boil up. When ready to serve add the balance of soda and boiled milk.—Mrs. P. O. Anderson.

TOMATO BOUILLON.—Use one can of tomatoes, add a pint of water, a slice of onion, a bay leaf, a little celery seed, and boil rapidly for ten minutes. Press through a colander as much of the flesh as possible. Add the well beaten whites of two eggs, bring quickly to the boiling point, boil five minutes. Strain through cheese cloth. The fleshy

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portion of the tomato that remains in the cheese cloth may be put aside for flavoring sauces. Reheat the bouillon, add a cup of whipped cream, and serve at once with strips of toasted bread.

VEGETABLES SOUP.—Take a piece of nice boiling beef with a bone in it. To this add enough water to cover, and when partly done add one carrot, one-half turnip, one onion. Chop all very fine and add two tablespoons of split peas and two tablespoons barley. Let simmer for three hours.—Mrs. M. Prenevost.

CANNED TOMATO SOUP.—Six quarts ripe tomatoes cut up, seven bay leaves, seven sprigs parsley, seven strands celery, three large onions, ten cloves (heads removed), one and one-half teaspoon white pepper, six level teaspoons salt, small pinch cayenne. Boil all together, put through sieve and return to boil. Add one-half cup granulated sugar. Mix smooth one cup flour with one-fourth pound butter and thin with juice from boiling pot. Add to mixture and boil for a minute. Seal while hot. Before serving thin with water and a little butter.

OX-TAIL SOUP.—Take two ox-tails and two whole onions, two carrots, a small turnip, two tablespoons of flour, and a little white pepper; add a gallon of water; let all boil for two hours, then take out the tails and cut the meat into small pieces, return the bones to the pot for a short time, boil for another hour; then strain the soup and rinse two spoonfuls of arrowroot to add to it, with the meat cut from the bones, and let all boil for fifteen minutes.

HOUSEHOLD HINTS

FLOOR FINISH.—To one quart real hot raw linseed oil add two cups of turpentine. Put on floor immediately while real hot; varnish when real dry with good varnish.—Mrs. R. M. Cornell.

SOAP.—Take five pounds grease, put on stove to melt. Now put in a large pan six cups of soft water, one-half cup coaloil, one cup powdered ammonia, one-half cup borax, one-half cup granulated sugar. Dissolve all this and add one can of lye and let cool. When grease is quite cool pour the above ingredients into grease, stir for not more than five minutes, then pour into wooden box lined with greased paper, and let it stand for three days.

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FISH

" 'Tis very sweet and fresh, sir,
The fish was taken ~~out~~ this night."

BAKED FISH.—Select a fish two pounds of over. Put butter in roaster and brown. Roll whole fish in flour and brown on both sides. Pour milk over fish, add salt and pepper, put in oven and bake.—Mrs. E. J. Campbell.

BAKED FISH.—After washing the fish, wipe thoroughly with a towel. Shake a little salt and pepper on the inside and outside. For dressing for a medium sized fish use three cups of crumbs, three teaspoons of onion juice, two of butter, a little sage, and a dash of nutmeg. Cook in not too hot oven. Serve with tomato catsup. An egg added to dressing is good.—Mrs. W. J. Perkins.

FRIED FISH.—Beat an egg, add a little pepper and salt. Dip fish into egg, then into well rolled soda biscuits, and fry in butter. This gives the fish a much nicer flavor than rolling it in flour.—Mrs. Arthur Byers.

CODFISH BALLS.—Three cups of boiled codfish, minced fine, four cups of mashed potatoes, add a little butter and mix well together, add two well beaten eggs, and beat it up thoroughly. Drop by spoonful into hot lard, and fry the same as doughnuts.—Mrs. Draxton.

JELLIED FISH.—Prepare and cook a two pound fish, removing all the bones and skin, chop fine, and stir in a little at a time, eight tablespoons cold water, one teaspoon of salt, juice of three lemons, one tablespoon of grated onion, twenty-four almonds, blanched and finely chopped, a pinch of cayenne pepper. Mix well and add a heaping tablespoon of KNOX'S GELATINE dissolved in water. Pack in a mould and when thoroughly chilled, turn out on crisp lettuce leaves and serve with mayonnaise dressing.

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SALMON FRITTERS.—One can of salmon. Three eggs. Drain all moisture from salmon and remove bones and skin, beat eggs and add to fish, add a little pepper and salt. Mix well. Make in little pats and fry in butter. Can be served with sauce or cold.—Mrs. W. Peters.

HADDOCK AND TOMATO SAVOURY.—Break up the remains of a dried haddock, season with pepper. Spread it on rounds of toast. Put a slice of tomato on each round with a bit of butter on top. Put in a hot oven and bake until the tomato is cooked.—Mrs. F. O. Brault.

SALMON CROQUETTES.—One and one-half cups of rice, one dessertspoon of salt, three quarts of water, one small can of salmon, two eggs, one-half cup of cornflakes. Boil rice in the salted water over a brisk fire until soft. Remove from fire and when cool mix in the salmon, then add the well-beaten eggs. Form into croquettes and roll in powdered cornflakes. Fry in butter in a fairly hot pan until a golden brown. Serve with a cream sauce.—Mrs. Fred B. Hames.

SALMON CUTLETS.—One cup of mashed potatoes, one cup of picked salmon (canned), salt and pepper to taste, one well beaten egg, one teaspoon of water. Mix well and form into cutlets. Roll in egg and then in breadcrumbs and fry to a golden brown.—Mrs. G. H. Batterley.

SALMON LOAF.—One can of salmon, three eggs well beaten, salt and pepper to taste, one-half cup of cracker crumbs, three and one-half tablespoons of butter. Mix together and bake in a mold, in a moderately hot oven, or it may be steamed for one hour. Serve with white sauce.—Mrs. S. L. Fouran.

SALMON LOAF.—One can of salmon picked fine with a fork, four eggs, four tablespoons of butter, three-fourths cup of bread crumbs, salt and pepper to taste. Combine ingredients, and steam one hour in a quart bowl. Serve with a border of creamed peas.—Mrs. M. J. Mulvena.

SALMON LOAF.—One can of salmon, two eggs, one-half cup of butter, one cup of milk, two and one-half cups of rolled soda biscuits, pepper and salt to taste, one teaspoon of lemon juice. Bake three-fourths of an hour.—Mrs. J. Moss.

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CREAMED HALIBUT.—Boil one-half pound of halibut. When cold pull to pieces, and beat with fork. Add salt, a little cayenne pepper, one teaspoon of Worcestershire sauce, and juice of one lemon. Whip one teacup of cream stiff. Beat this up with the cold fish. Put in mold and stand aside to set. When required turn out on lettuce leaves, and garnish with raw tomatoes. Serve with mayonnaise.—Mrs. A. J. Wyman.

CORN AND SALMON.—One can of corn, one can of salmon, soda biscuits, salt, butter and cream. Butter dish, put a layer of salmon on bottom of dish, then a layer of rolled cracker crumbs, then a layer of corn. Repeat until dish is full. Put a piece of butter on top, add enough cream to moisten. Season with salt and pepper.—Mrs. Geo. Gillan.

SALMON BALLS.—One can of salmon, one cup of bread crumbs, pepper and salt, one beaten egg. Mix all together. Divide into balls. Dip into beaten egg, roll in fine bread crumbs, and fry in hot fat.—Mrs. M. J. Cockburn.

SCALLOPED SALMON.—One can of salmon, pick out bones and skin. Make a cream sauce of two tablespoons each of butter and flour, a pint of milk and a little pepper. Put in buttered baking dish in layers of salmon, thin cracker crumbs, then the cream sauce, until all are used. Bake until brown.—Mrs. A. Munger.

FRIED OYSTERS.—Dry oysters in napkin, dip in fine bread or cracker crumbs, then into beaten egg, and in the crumbs again. Fry in heavy spider in equal quantities of lard and butter. Season with salt and pepper.—Mrs. C. H. Webster.

PIGS IN BLANKET.—Season nice large oyster with pepper and salt, cut fat bacon in thin slices, wrap each oyster in a slice and fasten with a toothpick. Heat frying pan and fry long enough to crisp bacon—about ten minutes. Serve immediately with or without toast.

OYSTER PATTIES.—Make a rich puff paste and bake it in earthen sauce dishes. Drain oysters and put in a saucepan, with a piece of butter, a little salt, pepper, and nutmeg (if liked). Cook them only until they are plump, stirring with a silver fork while plumping; when cold fill the crusts and send to the table. If liked hot, the crusts can

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be filled before baking with the plumped oysters, and sent from the oven to the table, or patty shells can be warmed and filled with creamed oysters.—Mrs. Meyer.

SCALLOPED OYSTERS.—Butter an oyster, scallop or pudding dish. Put in a layer of bread crumbs with bits of butter, then a layer of oysters; season with pepper and salt. Repeat this until the dish is full, leaving a layer of crumbs with bits of butter on top. Mix the liquor with milk or cream and pour over the top. Bake twenty minutes. When done, if not sufficiently browned, heat a shovel very hot and hold over the top until it is a rich brown, or uncover the dish and brown in the oven.—Mrs. E. L. Brown.

SHREDDED WHEAT OYSTERS, MEAT OF VEGETABLE PATTIES.—Cut oblong cavity in top of biscuits, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquid or cream sauce over it. Shell fish, vegetables, or meats may also be used.

HOUSEHOLD HINTS

COUGH MEDICINE.—Steep together in three quarts of water, one ounce mullein, one ounce horehound herb, one ounce comfrey root, for three hours, then strain. There must be three pints of liquid. Then add five cents' powdered licorice and three pounds brown sugar. When cold add one pint alcohol, and bottle.

To prevent milk from burning or custard from boiling over or sticking to the pan, grease the bottom of the pan with butter before putting in the milk.

To make custard smooth when curdled, set it in a pan of cold water and beat it with an egg beater until smooth. Custard that looks honeycombed has been baked or boiled too quickly.

Boil your macaroni in a flour sieve immersed in boiling water, it will then require no turning to keep it from sticking to the pan and may be drained without removing from the sieve.

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**Makers of "Sweet Home" Nature Flavoured Flour
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"Ain't please your Honour" quoth the Peasant.
"This same dessert is very please me."

PLUM PUDDING.—Put into a basin one pound of chopped suet, one pound of bread crumbs, one-half pound of flour, one-half pound of peeled and chopped apples, one-half pound each of Malaga raisins, currants and sultanas, two ounces each of candied orange, lemon and cedrat (citron) rinds. Cut into small dice two ounces of ginger, four ounces of chopped almonds, eight ounces of powdered (bar) sugar, the juice and the chopped rind of half an orange and half a lemon, one-third ounce of mixed spices containing a large quantity of cinnamon, three eggs, one-fourth pint of rum or brandy, one-third pint of stout. Thoroughly mix. Pour the preparation into white earthenware pudding basins with projecting rims. Press it into them, and wrap in buttered and flour-dusted cloth and tie into a knot on top. Cook in boiling water or steam for four hours. When about to serve, sprinkle the pudding with heated brandy or rum and set them alight. This is very French. The burning of the liquor makes a blue flame and adds flavor; or serve with an English custard thickened with arrowroot.—A. Nougaret.

PLUM PUDDING.—One cup chopped suet or butter, one cup molasses, one cup currants, two cups raisins, one cup sweet milk, one cup sugar, four cups flour, one teaspoon cinnamon, cloves and all spice, one teaspoon soda. Boil or steam two hours.—Mrs. G. J. MacDonald.

CHRISTMAS PUDDING.—One-half pound of flour, one-half pound bread crumbs, one pound suet, one pound stoned raisins, one pound Sultanas, one pound currants, one pound candied peel, four ounces almonds, one-half pound sugar, eight eggs, one teaspoon mixed spice, three tablespoons of golden syrup. Chop suet, almonds and candied peel, mix all dry ingredients together, beat up the eggs and add them with the syrup. Mix well and put into a

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buttered basin; cover with greased paper, tie in cloth and boil for eight hours.—Mrs. Geo. Leaverland.

STEAMED APPLE DUMPLINGS.—One and one-half cups flour, one-fourth pound beef suet, one teaspoon baking powder, pinch of salt, one pound apples, sugar to taste. Grate suet into flour and baking powder and salt. Mix together with a little water. Line a greased bowl with the paste. Pare and slice in apples, sprinkle with sugar and add a little water. Cover bowl with a layer of paste and make a hole in the centre, tie greased paper over top of bowl and steam three hours. It must be kept boiling all the time. Extra good if given the full time.—Mrs. G. Lawrence.

SUET PUDDING.—One-half cup sugar, one cup molasses, one cup sour milk, one cup suet, one cup raisins, three cups flour, one-half teaspoon of soda and salt, one teaspoon nutmeg and cinnamon. Steam for three hours and serve with sauce.—Mrs. J. Brown.

CROW PIE.—One tablespoon butter, two eggs, one-half cup sugar, one-half cup milk, one-half teaspoon soda dissolved in hot water, one teaspoon cream tartar, flour to make a stiff batter. Butter a deep pan, put layer of sliced apples in, little nutmeg and water and set in oven until steamed. Remove from oven and pour batter over apples and bake one-half hour. Turn upside down on platter and spread over apples a hard sauce made of butter and brown sugar and nutmeg. Serve hot.—Mrs. J. L. McCullough.

BEEFSTEAK AND SUET PUDDING.—Two pounds of round steak cut into small pieces and rolled in flour. Add salt and pepper to meat to suit taste. Prepare crust as follows: Four cups flour, four teaspoons baking powder, one teaspoon salt, one cup chopped suet. Milk to mix to consistency of biscuit dough. Roll out and line pudding bowl and add prepared meat and a little water. Cover crust over meat and tie a cloth loosely over the top of pudding. Put in kettle of boiling water and boil for three hours. Add boiling water as water boils down. This is delicious. Cut top out of crust and add a little hot water to make gravy.—Mrs. Fred Lee.

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GINGER PUDDING.—One-half cup butter, one-half cup molasses, one-half cup brown sugar, four eggs, one teaspoon ginger, one teaspoon cream tartar, one-half teaspoon soda, one-half cup milk, two and one-half cups flour. Steam one hour.—Mrs. T. Stewart.

SPECKLED JAM PUDDING.—One cup sugar, one cup raisins, one cup sour milk, one cup shopped suet, two cups bread crumbs, three-fourths cup flour, one-half teaspoon soda. Steam four hours or more. Serve with sauce.—Mrs. J. Sands.

BAKED APPLE DUMPLINGS.—Rub two tablespoons butter into a quart of flour into which has been sifted a little salt and two scant teaspoons baking powder. Add enough milk to make a soft dough, turn upon floured board and roll into a sheet. Cut the sheet into squares and stand in each square an apple which has been peeled, cored and filled with sugar. Add a bit of butter and a pinch of cinnamon. Fold dough over each and bake in a buttered pan. Serve with hard sauce of cream.—Mrs. Fred Alderson.

BAKED APPLE DUMPLINGS WITH SAUCE.—Peel and core four apples, fill space with sugar, and cover each apple with a rich pie paste. Put in a deep baking dish, one cup brown sugar, one pint of boiling water, little cinnamon. When boiling rapidly put in the dumplings and bake in oven for one-half or three-fourth of an hour. Serve hot, using the sauce in which they are cooked.—Mrs. Geo. Curliss.

APPLE COBBLE.—Fill deep bake dish three-fourths full of sliced apples, cover with one cup of sugar, sprinkle lightly with either cinnamon or nutmeg. One cup flour, pinch of salt, one-half cup butter; work together until fine. Spread evenly over apples and press down tightly. Bake in medium oven until apples are cooked and top is golden brown. Serve with cream.—Mrs. H. Douglas Stephen.

CARROT PUDDING.—One cup grated carrot, one cup grated potatoes, one cup sugar, one cup raisins, one cup currants, one cup suet, one and one-half cups flour, one teaspoon salt, one teaspoon soda, one-half teaspoon nutmeg, cinnamon and cloves. Steam four hours.—Mrs. C. W. Hames.

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A NICE DESSERT.—One cup tapioca soaked overnight in cold water. Cook in double boiler until clear, with as little water as possible. Add to this when cooked one can grated pineapples, juice of two lemons, one cup sugar. When cold add whites of three eggs beaten stiff. Whip until nice and clear. Serve with whipped cream.—Mrs. F. E. Jones.

BUTTER SCOTCH PUDDING.—Mix together one cup brown sugar and three tablespoons flour. Add one cup milk and yolks of two eggs. Cook together until thick and remove from the fire. While still hot add two tablespoons butter and one-half teaspoon vanilla. Beat the whites of the two eggs until stiff and fold in the hot pudding. Serve with whipped cream.—Mrs. P. J. Warren.

TAPIOCA CREAM.—One tablespoon tapioca, one-half cup sugar, one quart milk, one-half teaspoon vanilla, four eggs. Soak tapioca overnight in at least one cup cold water. Pour off any surplus water in the morning. Boil the milk and tapioca for twenty minutes. Beat the egg yolks thoroughly and beat in sugar. Take the boiling mixture from the stove and pour it slowly into the egg yolks, beating constantly. Now beat in the egg whites, which have been beaten stiff with a little salt. Add one-half teaspoon vanilla. Chill and serve.—Mrs. A. T. Baker.

APPLE TAPIOCA PUDDING.—One cup tapioca, soak two hours on the back of the stove in one quart of water. Butter a pudding dish well and line the bottom with paree and cored apples. Season the tapioca with a spoonful of sugar, a very little cinnamon or nutmeg and pinch of salt. Pour it over the apples and bake until the apples are thoroughly done. Serve with sugar and cream.—Mrs. L. Garfat.

STEAMED BROWN PUDDING.—One cup flour, one cup dates or walnuts, one-fourth cup molasses; fill cup with hot water and add one teaspoon soda, one egg beaten light. Steam one hour.—Mrs. T. G. Ross.

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four tablespoons cocoa, pinch of salt, one teaspoon of baking powder, one egg beaten light, two tablespoons sugar, a little butter, one-half cup milk. Stir all together. Butter a tin and put mixture in. Steam one hour. Serve with sauce or whipped cream.—Mrs. Frank Kissner.

LEMON PUDDING.—Slice one lemon, peeling and all, into a buttered pan, pour in two cups of hot water, one-half cup sugar, one tablespoon butter. Let stand on back of stove to simmer while preparing the batter. Batter: One cup sugar, one tablespoon butter, yolks of two eggs, one-half cup sweet milk, one teaspoon of baking powder, one and one-half cup flour. Beat well, pour batter into lemon mixture, but do not stir. Bake. Frost with whites and brown. Set out to cool. Serve with maple syrup.—Mrs. Cavanaugh.

LEMON SNOW.—One small box KNOX GELATINE dissolved in one and one-half pints boiling water, one and one-half cups sugar, juice of three lemons, four egg whites beaten stiff and added when cold. Beat the whole until as white as snow. Put in a mold and serve with custard. Custard: Four egg yolks, one pint milk, sugar to suit taste. Boil milk, add yolks and sugar, and flavor—Mrs. Ambrose Devine.

CARAMEL PUDDING.—One pint milk, one cup brown sugar, one cup granulated sugar, one coffee cup chopped walnuts, two heaping tablespoons corn starch, pinch of salt. Put milk in double boiler, when boiling put in corn starch dissolved in a little cold milk. Cook a few minutes, then put in the sugar which has been previously browned. Stir until sugar is dissolved. Add nuts, flavor with vanilla, and put in mould. When cool serve with whipped cream.—Mrs. Geo. Curliss.

PINEAPPLE PUDDING.—Whip whites of six eggs until stiff enough to turn bowl upside down. Add one and one-half cups white sugar, one scant tablespoon of vinegar, and one scant tablespoon of vanilla. Stir together and bake in a slow oven forty-five minutes. Serve with pineapple and whipped cream. This serves eight.—Mrs. J. E. Johnson.

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SHREDDED WHEAT BISCUIT WITH STRAWBERRIES.

—Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapples, bananas and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

TOMATO CUSTARD.—To each cup of raw tomato allow one egg. Simmer the tomato with an onion, one bay leaf, sprig of parsley, for fifteen minutes. Press through a sieve. Add water, if not enough liquid to fill two cups. Beat eggs separately and stir all ingredients together. Add salt and pepper. Pour into custard cups and bake as ordinary custard.—Mrs. F. E. Jones.

BOILED RAISIN PUDDING.—One and one-half cups bread crumbs, one cup flour, one cup brown sugar, one cup chopped suet, a little nutmeg, one teaspoon baking powder, one-half teaspoon salt, one and one-half cups seeded raisins. Moisten with milk, mix thoroughly. Steam three hours. Sauce for pudding. One tablespoon butter, two tablespoons flour, three tablespoons brown sugar, a little salt and nutmeg, moisten with cold water. Add boiling water, keep stirring until it thickens.—Miss L. Kerr.

RAISIN PUFF.—One-third cup butter, beat soft. Add two tablespoons of white sugar, two beaten eggs, one teacup of sweet milk, one cup of raisins cut fine, two level cups of flour in which sift two rounding teaspoons of baking powder. Steam one hour in an ordinary steamer. Sauce for pudding: A generous tablespoon of butter melted, add one cup white sugar, two tablespoons flour. Mix all together, then add gradually enough boiling water to make a sauce. Flavor with one-half teaspoon of vanilla. Let boil a little while.—Mrs. W. C. Dunn.

FIG PUDDING.—One cup molasses, one cup suet, one cup milk, three and one-fourth cups flour, two eggs, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon nutmeg, one pint of figs, one-half pound raisins. Mix

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together molasses, suet, spices and figs, cut fine, dissolve soda in teaspoon of hot water and add to milk. Add beaten eggs, flour and butter. Place in mould. Steam five hours.—Mrs. J. C. Christie.

RAISIN SALLY LUNN.—Sift together two cups of flour with four teaspoons of baking powder, one-half teaspoon of salt, one-third cup sugar, one cup raisins. Add one cup milk to two well beaten eggs, and to this gradually add the dry ingredients, beating all to a smooth batter. Add two tablespoons melted butter. Pour in a well greased shallow pan, and bake in hot oven.—Mrs. D. Cojocar.

PARADISE PUDDING.—Take one-fourth pound of blanched almonds, one dozen marshmallows, one dozen candied cherries, one-half dozen macaroons. Cut these fine and stand aside in a cool place. Dissolve a package of lemon jello in a pint of boiling water, and when cool set the dish in cold or ice water and whip to consistency of whipped cream. Then fold in one cup of whipped cream, the cut fruit and one-fourth cup of sugar. Turn into a square pan and set in a cool place to harden. Serve in slices.

CHEESE PUDDING.—One cup grated cheese, one cup milk, three eggs, one cup cracker crumbs, one-fourth cup butter. Mix all together, add pepper and salt to taste. Bake in greased baking dish until firm. A nice supper dish.—Mrs. W. Jones.

LIVER PUDDING.—Eight pounds of well cooked pork from heads or joints, add five pounds cooked liver, either beef or pork, and one pound flour. Cut meat into small pieces before mixing with flour, then run through food grinder. Spread out on table and season with six ounces of fine salt, two ounces black pepper and one ounce ground sage. Then regrind and add one onion. Stuff into basin and cook ten minutes. Cool in water and hang up to dry.—Mrs. E. White.

QUAY PUDDING.—Two eggs, their weight in flour and butter, the weight of one egg in sugar. Beat butter and sugar to a cream, add the egg well beaten. Stir in the flour, add two tablespoons of jam, one-half teaspoon soda.—Mrs. Fenwick.

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LEMON PUDDING.—One cup sugar and one tablespoon of butter creamed together. Add rind and juice of one lemon, two tablespoons of flour, yolks of two eggs, one cup milk. Lastly add the beaten whites of the eggs. Put in pudding dish and bake like a custard. When done the top half of the pudding is like cake and the lower half is like boiled custard. The custard part makes a sauce for the cake part.—Mrs. P. J. H. Warren.

LEMON FOAM.—Two cups hot water, one cup sugar, two rounding tablespoons cornstarch, one lemon, three egg whites. Put hot water and sugar in saucepan. When it boils add cornstarch moistened with cold water, then add lemon juice, stirring steadily. Take off stove. Beat egg white to stiff froth. Pour first mixture over eggs and beat rapidly until the whole mass is light and foamy. Set away. Let get perfectly cold. Serve with whipped cream or custard sauce.—Mrs. S. M. Moyer.

DATE PUDDING.—One cup suet, one cup bread crumbs, one cup flour, one cup chopped dates, one-half cup brown sugar, one-half cup milk, two eggs, one teaspoon soda. Mix and steam two hours.—Mrs. Clarence Vail.

CHRISTMAS PUDDING.—Two pounds currants, two pounds raisins, two pounds suet, two pounds brown sugar, one pound flour, one pound bread crumbs, three-fourths pound mixed peel, one ounce almonds, eight eggs, one small nutmeg, one pint milk, one apple. Cut large fruit in small pieces, and suet fine, also bread crumbs fine. Beat eggs and mix with milk. Add to dry mixture and when thoroughly mixed put in basins and tie floured cloth over top and put in boiling water and boil ten hours. Can be kept any length of time.—Mrs. W. Peters.

PRUNE WHIP.—One pound stewed prunes, put through a sieve. Whites of four eggs beaten stiff, one-half cup sugar, one teaspoon vanilla. Mix together and bake twenty minutes in hot oven. Serve with whipped cream.—Mrs. J. Moss.

STRAWBERRY SHORTCAKE.—One and one-half cup flour, two teaspoons baking powder, two teaspoons sugar, one-half teaspoon salt, two tablespoons butter, two-thirds

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cup milk. Mix like biscuit dough. Cut into two pieces and shape these by rolling to fit pan and each other. Butter lower cake slightly with softened butter and lay the upper one upon it. Bake about twenty-five minutes. Split apart and spread with sweetened crushed strawberries, between and on top. Individual cakes may be made by using the biscuit cutter. Always spread the lower one lightly with butter to insure easy separation of parts. Serve with whipped cream. In winter dried apricots make a delicious filling.—Miss Utah Dahl.

SHORT CAKE : TEA GARDEN SPECIAL.—Two eggs, three tablespoons sugar, three tablespoons butter melted, one cup milk, one teaspoon baking powder, one cup flour. Bake in a shallow pan. Serve with strawberries and whipped cream, or bananas and whipped cream.—Mrs. Atcheson.

COCOANUT BREAD PUDDING.—Two slices stale bread, or dry or buttered toast, two eggs, one-half cup sugar, two cups milk, or more according to thickness of slices, one-half cup shredded cocoanut. Soak bread in milk for at least two or three hours. Mix and beat until smooth, add beaten egg yolks, sugar and cocoanut. Lastly fold in beaten egg whites and bake. Serve with cream.

SAUCE FOR DARK STEAMED PUDDING.—A rich sauce for dark steamed pudding is made by beating eggs separately, then mix together and add melted butter and icing sugar to taste. Quantities according to number to be served.—Mrs. G. H. Glover.

FOAMY SAUCE.—One egg, one cup powdered sugar, one-fourth cup hot milk, vanilla to taste. Beat the egg and add sugar slowly. Just before serving add hot milk and flavoring.—Mrs. Joyner.

VANILLA SAUCE.—One-half cup sugar, one cup boiling water, one tablespoon cornstarch, two tablespoons butter, one teaspoon vanilla. Mix sugar and cornstarch, add water gradually; stirring while adding until it thickens; boil five minutes. Remove from fire and add butter and vanilla, or use lemon or orange juice in place of vanilla.—Mrs. A. Draxton.

ANGEL FOOD PUDDING.—Two eggs, one cup icing sugar, one tablespoon flour. Mix well. Add one cup dates

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cut up, one-half cup broken walnuts, one-half cup seedless raisins. Set pudding dish in pan of hot water and bake three-fourths of an hour. Serve cold with whipped cream.—Lucille M. Bright.

ORANGE ROLY POLY.—Make a very rich biscuit dough. Roll into a long narrow sheet, one-fourth inch thick. Spread thickly over it peeled and sliced juicy oranges. Sprinkle plentifully with white sugar. Scatter over this two teaspoons of grated orange peel. Roll up and fold the edges in well together to prevent juice from running out. Steam in a floured cloth one hour and one-half. Serve with lemon sauce.—Mrs. F. B. Bryant.

HARD SAUCE.—One-half cup butter, one cup powdered sugar, two tablespoons boiling water, flavor to taste with vanilla. Beat butter till creamy, then add half of the sugar and water, beat well and add the remainder of the sugar and water. When light and fluffy set in a cool place until wanted.

BRANDY OR WINE SAUCE.—Stir a heaping teaspoon of cornstarch in a little cold water to a smooth paste, add cup boiling water, one cup sugar, piece of butter size of an egg. Boil all together ten minutes. Remove from fire. When cool, stir into it one-half cup brandy or wine.—Mrs. A. Mungers.

CHOCOLATE SAUCE.—One and one-half cups water, one-half cup sugar, six tablespoons grated chocolate, one-half teaspoon vanilla, one tablespoon cornstarch, one-half cup cold water, pinch of salt. Boil sugar and water four to five minutes to make a syrup; mix chocolate, starch and one-half cup cold water; add the salt, then the hot syrup and cook three minutes.

PINEAPPLE TURNOVER.—Scant one-fourth of butter, melted in iron spider, add one-half cup walnuts, cover this with sliced pineapple, sprinkle over this one-half cup brown sugar. Make a batter as follows: Cream, one cup sugar, four egg yolks well beaten, one-half cup pineapple juice, one cup flour (large), two level teaspoons baking powder sifted in flour, mix slowly and add the stiffly beaten whites of four eggs. Pour on top of mixture in spider and bake forty-five minutes.—Doris Webster.

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ROAST BEEF.—Take beef roast five or six pounds, wash and put in covered roaster, put in oven of temperature about 300 Fahr. Let cook until it begins to brown, then season with pepper and salt, and if not enough juice extracted from meat, add a little water, cover and return to oven to cook until tender. Remove meat from roaster, and place roaster on top of the stove, and add more water for gravy. Dissolve two tablespoons cornstarch in cold water, and when boiling add the sauce and stir until thick.—Mrs. A. O. Borgen.

POT ROAST BEEF.—Five pounds beef, one-half pound suet, six cloves, two bay leaves, two slices onions, one carrot (chopped fine), one tablespoon flour, one pint boiling water, salt and pepper. Put the suet in the kettle, add the onions, bay leaves, cloves and chopped carrot. Let it cook five minutes, put in the meat well seasoned with salt and pepper and brown it on both sides, add the water. Cover closely and simmer until very tender. Remove the meat from the pot and thicken the gravy with the flour. Note—As the roast cooks, add boiling water to keep the quantity the same as the first.—Mrs. J. J. Ashby.

FILLIPINO BEEF.—One pound round steak, one-half pound fresh pork, one small onion, one green pepper, one teaspoon salt, one cup (soft) stale bread crumbs, one egg, two cups stewed tomatoes, two slices bacon, four tablespoons flour, two tablespoons butter. Mix all together, make in loaf form, and have some stewed tomatoes to baste with frequently until done.—Mrs. Wm. Gibbins.

BEEF LOAF.—One pound round steak, one-half pound cooked ham; mince together. One cup bread crumbs, two eggs, salt and pepper. Cover with oiled brown paper, steam one and one-half hours.—Mrs. R. A. Campbell.

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BEEF LOAF.—One pound of cooked beef (ground), three-fourths cup of bread crumbs, one-half cup of milk, one egg, salt, pepper, and sage to taste, a piece of butter. Shape in a loaf, and roast. Baste often. When partly baked, cover.—Mrs. Cavanaugh.

MEAT LOAF.—One and one-half pounds minced beef, three rolled soda biscuits, one egg, one cup sweet milk, one teaspoon salt, a little pepper. Put in buttered pan. Bake one hour in moderate oven. Slice cold.—Mrs Hume.

MOCK DUCK.—Prepare dressing as for turkey, and after pounding round steak well, spread dressing over it, sprinkle with salt, pepper and a little butter. Lap over ends and roll steak tightly, tie closely, spread butter over steak after tieing; lay on rack in bake tin. Bake as turkey or duck; baste often. Pour gravy over and serve hot.—Mrs. A. J. Wyman.

PORK CHOPS EN CASSEROLE.—Brown the pork chops and remove to casserole. One tablespoon butter, one-half cup boiling water, one teaspoon salt, pepper to taste, one-half teaspoon dry mustard, two teaspoonsful vinegar. Dust over with flour, and bake forty minutes.—Mrs. M. J. Mulvena

FRIED PORK CHOPS WITH APPLES.—Roll pork chops in flour, place on hot pan and fry until golden brown. Then just cover with hot water, and cook for a few minutes. Remove meat and add peeled apple rings which have been rolled in fruit sugar. When rings are cooked remove from gravy, add a little flour to thicken gravy.—Mrs. Geo. Gillan.

SWISS STEAK.—One nice thick piece of round steak to fit casserole, two medium sized carrots cut lengthwise. Five small onions — put a whole clove in each one — pound flour (to which has been added salt) into steak, both sides (use the edge of a plate to do this). Sear steak in hot fat until both sides are nicely browned. Put in casserole, pile onions and carrots around, make gravy in pan in which steak has been seared, not very thick, pour over steak. Cover tightly and bake three or four hours in slow oven—Mrs. D. Stephen.

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PAN-BOILED HAMBURGER STEAK.—Chop finely one pound lean raw beef, season with salt, pepper and a few drops of onion juice, add one-fourth cup milk. Gradually knead until spongy, and shape into cakes. Heat frying pan, rub with the fat of meat, and pan-broil the steaks, turn cakes often during the cooking.—Mrs. A. Draxten.

RICED STEAK.—Take four steaks and pound it, roll in flour, then spread a little uncooked rice over it. Roll up the pieces, have the pieces the ordinary size, then put in a hot pan, and fry a nice brown on both sides, then set back of stove, and let simmer until ready to use.—Mrs. G. Bowman.

ORS L'HEURE.—About one pound cold meat ground fine, one chopped onion, one cup cold tomatoes, or one-half cup catsup, mix with three cups boiled macaroni. Put in a baking dish and pour in one cup milk. Place two or three strips of bacon on top. Bake thirty minutes in a moderate oven.—Doris Webster.

BUBBLE AND SQUEAK.—Either slices of cold boiled beef or cold roast beef, fry the slices of meat gently in a little fat, and arrange them nicely around a centre of greens. These should be boiled until tender, well drained and minced, and then placed in a frying pan with a little butter, a finely sliced onion, seasoned with pepper and salt, and when the onion is done the greens are ready to serve.—Mrs. T. Stewart.

PILAFF.—Cook one small cupful of rice, take one pound of round steak, run through the meat chopper, and fry in butter until a light brown, one large onion fried until a light brown, one quart of canned tomatoes, and butter the size of an egg, salt to suit the taste, a scant one-quarter teaspoon of red pepper, one-fourth teaspoon of black pepper, mix all together and bake one hour.—Mrs. N. Gillan

CHILI CON CARNE.—One pint dried lima or kidney beans soaked overnight, two cups beef (chopped one-fourth cup suet forced through food chopper), one red pepper cut in strips, one-half onion sliced, one teaspoon salt, one-half teaspoon mustard, one-eighth teaspoon pepper, one tablespoon vinegar, tomatoes to cover. Arrange ingredients in layers in a bean pot, cover with water, and bake slowly for three or four hours.—Mrs. Kyte.

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SAVORY SUPPER DISH.—Six ounces flour, one egg, one pint milk, one-half teaspoon baking powder, salt. Put flour, baking powder and salt in a basin, mix egg and milk together, then mix flour with the milk into very smooth batter. Butter the dish well, cut some meat into small pieces (or left over meats) sprinkle a little chopped parsley pepper and salt over it, then pour into the batter, put a few pieces of fat or butter over top and bake one hour.—Mrs. Harry Fenn.

BEEF STEAK AND KIDNEY PIE.—Two pounds lean steak, four sheep kidneys, some melted shortening, salt and pepper to taste, one tablespoon Worcester sauce, and some pie crust. Cut steak very thin, and dip into melted shortening, then into flour, season with salt and pepper. Roll up pieces of steak and then lay them in baking dish. Skin kidneys, cut into small thin slices, leaving out fat in middle of kidneys. Dip them into seasoning, then lay on top of steak, sprinkle with Worcester sauce, and fill up dish with water. Roll pastry rather large, the size of dish. Wet edge of dish, and put narrow bands of paste; pinch and brush over with beaten egg. Make hole in centre and bake in hot oven one and one-half hours.—Mrs. E. White.

BOILED HAM.—Boil a common sized ham four or five hours, then skin it and set it in the oven for half an hour, then cover it thickly with bread crumbs, and set it back in oven for half an hour. This improves it and makes it more tender.—Mrs. Easton.

TONGUE MOULD.—One pound tongue sliced very thin, one ounce KNOX GELATINE, put layer of tongue in dish, then a few canned peas, very thin slices of lemon and a little cheese or relish, fill up dish, simmer in stock a piece of onion, two or three cloves, a little parsley, add gelatine that has been dissolved in water, let boil and strain into mould of meat. When stiff turn out on a bed of lettuce and tomatoes.—Mrs. F. E. Jones.

SCRAMBLED BACON AND CORN.—Cook in a deep spider one-half pound of bacon cut in small pieces; when browned add one pint of canned sweet corn, stir until hot,

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then drop in four eggs and stir rapidly, add a quarter cup of milk, one teaspoon salt, and one-half teaspoon pepper. Cook until eggs are a little solid, then serve hot over slices of buttered toast.—Mrs. Clarence Vail.

MACARONI WITH MEAT.—Two slices bacon, one-half pound round steak, one large onion, two cups boiling water, one cup macaroni broken into inch pieces, two cups canned tomatoes, two teaspoons dark brown sugar, pepper. Cut bacon into tiny pieces and fry out fat, cut meat into half inch dices and sear quickly in hot bacon fat; stir with fork until meat is brown, add boiling water, onion cut in thin slices, tomatoes, sugar and pepper, and cover closely. Simmer over a low fire for two hours, or until the meat is tender. Put eight cups of rapidly boiling water into large saucepan, add two teaspoons of salt, and when water is boiling hard, slowly add macaroni, boil for twenty minutes or until tender but not soft and sticky, drain and rinse in cold water; reheat in the meat sauce and serve at once.—Mrs. E. White.

JELLIED VEAL.—Boil three pounds of veal until it falls easily from the bones, taking care that when done there is only enough gravy to moisten the meat well after it is ground. Put the meat through the grinder, heat the gravy, and add one tablespoon KNOX GELATINE which has been moistened in a little cold water, season well with salt and pepper, and pour meat and all into a bread tin until cold and stiff, then slice and serve.—Mrs. Robert Burns.

MEAT CROQUETTES.—Four cups of left-over meat, one egg, four table spoons catsup, two tablespoons salad dressing, one-half cup flour, one medium sized onion chopped fine. Mix all together, moisten with gravy, season to taste, make into cakes and fry.—Mrs. Harry Fenn.

SAUSAGE SHAPE.—One pound steak, one-half pound cooked ham, mince ham and steak together, one cup bread crumbs, salt, pepper and nutmeg to taste, bind together with two eggs, grease a bowl and press the mixture into it and cover with a buttered paper. Steam three hours, and serve cold.—Mrs. G. Lawrence.

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CHICKEN CROQUETTES.—Mix together one pint of finely chopped cold chicken, salt and pepper to taste, one teaspoonful onion juice. Sauce: Two tablespoons melted butter in pan, when hot add three tablespoons flour, then add one cup milk or chicken stock, when thoroughly cooked mix with meat and spread on plate to cool, shape, crumb, egg, and crumb again, fry in hot fat, drain on brown paper. —Mrs. A. J. Wyman.

BALTED HAM.—Cut cured ham two inches thick, rub with brown sugar. Place in a baking dish with sliced potatoes on top, and cover all with milk. Place cover on baking dish and bake one hour.—Mrs. T. H. West.

CHICKEN EN CASSEROLE.—One onion sliced thin, one fowl, three tablespoons butter, one cup of diced celery and carrots, one level teaspoon salt, pinch of pepper, one and one-half cups of hot water. Disjoint the chicken, roll in flour, melt the butter, brown the onion, then cook the fowl in this until light brown. Heat the casserole and in it place the vegetables, lay fowl on these, and cover with one and one-half cups hot water, cover tight and bake in a moderate hot oven three hours. If the chicken is still young one hour and a half is plenty.—Mrs. W. Patterson.

CREAMED CHICKEN.—One chicken, one can mushrooms, two cups cream, one cup milk, four tablespoons flour, two tablespoons butter, one small onion chopped, black and red pepper to taste. Boil chicken and cut as for salad, put cream and milk in saucepan and let come to boil; in another pan melt the butter, add the flour, onion and a pinch of nutmeg, season highly with pepper, mix, and pour this over chicken and mushrooms, put in baking dish, cover with bread crumbs and bits of butter, and bake a rich brown.—Mrs. H. Shaw.

CHICKEN ENTREE.—One pound minced chicken, three yolks and two whites of eggs, one tablespoon butter, one ounce of flour, one-half cup water or white stock, one tablespoon cream, two teaspoons lemon juice, one-half teaspoon salt, pepper. After mincing meat make sauce of flour and stock, add yolks of eggs and seasoning, whip whites of eggs and add lightly to mixture. Steam in buttered mold forty minutes or until firm. Serve in a rice border and pour over it a parsley sauce.

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COLD CHICKEN CREAM.—Mix three tablespoons minced cold chicken, four tablespoons good white sauce, yolks of two eggs beaten, season well, stir in at least two egg whites beaten stiff, steam very carefully for thirty minutes, turn over on hot dish.—Mrs. A. J. Wyman.

LEFT OVER CHICKEN OR VEAL.—Cut in dices, brown slightly in pan with butter, add small onion if desired, cut up and add hard boiled eggs, according to the number of people to be served; make a white milk sauce, add, let come to boil, and serve on buttered toast.—Mrs. R. D. Coutts.

PIGEON SAUTE.—Note: The meat of the pigeon, though dark, has an excellent flavor. The meat of the farmyard pigeons is tender, stimulating, easily digested. It is very suitable for delicate people who need good nourishment. Take two pigeons, clean, singe, and divide into two parts, two soup spoonsful of butter, four tablespoons of lean bacon cut into little dices, two medium sized onions chopped fine, six medium sized potatoes cut in small dices, salt, pepper and chopped parsley. Melt the butter and bacon in a frying pan or saute dish, and add pigeons, which you cook gently. After fifteen minutes cooking, add the onions, the salt, and the pepper, let the onions cook for several minutes, and add the potatoes. Finish cooking and add a little good gravy if possible, and some chopped parsley at the moment of serving.—A. Nougaret.

ROAST CANADIAN PRAIRIE CHICKEN.—Take a young prairie chicken, freshly killed, tie down wings and legs, take three nice pieces of bacon and wrap around, tying them down with a nice clean string, roast about fifteen or twenty minutes. Remember the chicken should not be too well cooked. Take a piece of bread about one inch thick and large enough to hold the chicken, fry it in butter or in the drippings. At one end of the platter garnish with parsley or greens of some kind, and at the other end a copious helping of shoe string potatoes. Serve with one saucer of the essence of the game, reduced to a rich consistency, another saucer with bread sauce, and another saucer of fried bread. Bread sauce: Boil a half pint of milk with a little fine chopped onion, one clove, salt and pepper; after a few minutes boiling strain into

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another pan, add a tablespoon of very fine bread crumbs, let boil a few minutes, finish with a tablespoon of good cream.—A. Nougaret.

RABBIT SAUTE.—The best way to cook rabbit is undoubtedly to saute it. Sauteing gives the rabbit meat its greatest palatability, lending it piquancy where it is insipid, and even improving the flavor when it is actually unpleasant. Skin a young rabbit, clean out entrails carefully, and cut it in pieces, put the liver aside, heat butter, lard or oil in a frying pan or a shallow saucepan, add the rabbit and put on a hot fire, season with salt and pepper, add an onion chopped fine, a piece of garlic the size of a small pea, add three ripe tomatoes peeled and chopped, a little glass of white wine or a sprinkle of vinegar, cover saucepan and finish cooking on moderate fire. If rabbit is young, fifteen to twenty minutes will be sufficient.—A. Nougaret.

FRUIT RELISH FOR COLD MEAT.—Twenty ripe tomatoes, eight peaches, eight pears, six large onions, one head celery, one red or green pepper, salt to taste, one pint white wine vinegar, two cups white sugar, chop all fine, and boil until thickness of Chili sauce. Bottle.—Mrs. J. L. McCullough.

PRUNE AND APPLE STUFFING.—Three cups bread crumbs, one cup apples, pared, cut in eighths, one-fourth cup melted fat, one teaspoon salt, few grains pepper. Stew apples in a little syrup, one-half cup stewed and stoned prunes, one-half cup nut meats broken into pieces. Delicious for goose stuffing.—Mrs. Buchard.

TAMALIE PIE.—Two cups corn meal, two and one-half teaspoons salt, six cups boiling water, one onion, two cups hamburger steak or left over roast, two cups tomatoes, one chopped green pepper, one tablespoon fat. Make corn meal, salt and water like porridge, fry hamburger in the fat the onion has been browned in until all the red color is gone, then add tomatoes and peppers, put a layer of corn meal mush, then a layer of meat, until baking dish is full. Put in oven and bake for thirty minutes.—Mrs. K. MacRae.

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CABBAGE ROLL.—Put one large cabbage, breaking the large leaves apart, in a kettle, cover with water, add half a cup of salt and one yeast cake, cover and set aside for two weeks, then have ready one pound chopped pork and two pounds hamburger steak, mix in dish with salt and pepper and a little garlic, and two onions cut fine, take one cabbage leaf at a time and roll full of meat, and each leaf likewise, set in a stew kettle, cover with water, simmer four hours, then mix three tablespoons flour, two tablespoons lard, and a little cayenne, and mix in with rolls.—Mrs. Fogal.

SWISS STEAK WITH ONIONS.—Two pounds beef round, one-fourth cup flour, salt and pepper, three small onions chopped, one cup canned tomatoes, three-fourths cup boiling water. Wipe meat, mix flour, salt and pepper, pound flour into meat, brown onions and meat in a little hot fat, add tomatoes and water, cover, and simmer slowly for two and one-half hours, or until meat is tender.—Mrs. W. Walker.

BAKED HAM WITH APPLES.—Place a two or three pound piece of ham in an iron kettle or skillet. Cover the ham with sliced apples about two inches thick, sprinkle one-half cup brown sugar on top of apples. Lastly pour in one cup of water. Place in the oven, cover, and bake until apples are done. Then remove lid and bake until ham is tender.—Doris Webster.

GELATINE OF BEEF.—One pound beef minced; one pound ham minced, two eggs, one-half pound bread crumbs, grated rind and juice of lemon, salt, pepper and a little grated nutmeg. Put firmly into plain mould, cover with cloth, and steam for three hours. Turn out when cold.—Mrs. M. J. Cockburn.

MEAT CROQUETTES.—Put one ounce butter into a pan, as it melts stir in two ounces of flour, mix smoothly, then add gradually a gill of milk and stir until it thickens to the consistency of thick cream, then turn on a plate to cool, add a pint of very finely minced meat which may be cold beef, mutton, veal or poultry, or a mixture of all. If veal or poultry a little ham should be added, put in a seasoning of grated onion and a teaspoonful of minced

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parsley and two teaspoons mixed herbs; mix well. Meanwhile prepare one-half pound bread crumbs and two eggs well beaten, seasoned with salt and pepper, shape the meat into sausages, dip in the seasoned egg, and roll in bread crumbs, and cook in boiling fat until a golden brown.—
Mrs. M. J. Cockburn.

ITALIAN DELIGHT.—Put in your skillet one pound of ground bacon or fat pork and two large onions, cut fine and fry a golden brown, add one cup of grated carrots, a good spray of parsley cut fine, and two chopped green sweet peppers and one can of tomatoes. Boil all this down so it won't run, add salt and red pepper to taste, also a little black pepper and one-fourth teaspoon nutmeg. Let this cook slowly while you make a corn meal mush enough to cover both bottom and top of pan you wish to bake it in (about three cups corn meal is about right). Water to cook it thick, cover bottom of pan first well greased, then put in the meat, etc., put the other layer of mush on top and sprinkle with cracker crumbs and dots of butter, bake forty minutes in good oven, serve while hot.—Mrs. E. E. Railson.

MEAT BALLS.—Chop the meat as fine as for sausages, mix in some bread crumbs, one egg and seasoning. Make up into balls. Dip in beaten egg, roll in bread crumbs, and fry. Make a gravy and flavor with catsup.—
Mrs. O. Bjornson.

HORSERADISH SAUCE.—Three ounces horseradish, one teaspoon made mustard, pepper and salt to taste, two tablespoons salad oil, four tablespoons cream or rich milk, two tablespoons vinegar.—Mrs. F. O. Brault.

WHITE SAUCE.—One cup of rich milk, two ounces butter, two teaspoons flour, salt and pepper, and a little lemon juice or a little parsley cut fine is a great improvement.—Mrs. Fenwick.

LEMON SAUCE.—One-quarter pound fresh butter, one tablespoon finely chopped parsley, a little salt and pepper, and juice of two lemons. Cream the butter, mix all well together, adding at least a teaspoon of salad dressing. Less lemon juice may be used if preferred.—
Mrs. Easton.

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CREAMED CHICKEN A' LA WASHINGTON.—The creamed chicken is made after a genuine colonial recipe, as follows: First a rich white sauce is made and well seasoned, and to it may be added chopped green peppers and mushrooms. The diced meat of a cooked chicken is put in this sauce, and the whole is heated. The beaten yolks of two eggs are then added and the mixture is stirred until smooth. Lastly, add two hard boiled eggs chopped, and if desired, two tablespoons of cherry are added.—Mrs. J. Gemmell.

HOUSEHOLD HINTS

If lemons are warmed before squeezing, double the quantity of juice will be obtained.

FOR FRESH, CRISP CELERY.—A small piece of peeled potato placed in the water in which celery has been soaked will keep it crisp and fresh.

Onions should be boiled in water which has been salted, otherwise they will lose much of their flavor.

The doughnut dough will not take up as much fat in the cooking if allowed to stand for about three hours before baking.

PICKLES FOR EGGS.—One pint salt, two pints lime, three gallons soft water. Stir until dissolved, place cover over eggs to keep them covered with liquid.

MEAT (Sugar Cured).—Twelve cups salt for one hundred pounds pork, eight cups brown sugar, three tablespoons red pepper. Rub each piece one-half hour, rubbing salt and sugar in thoroughly. Roll each piece up and tie; then roll in brown paper and tie, roll in newspaper and tie again; roll each piece in a sack and hang up in the cellar. Leave six weeks and it is cured. This keeps splendidly.

FERTILIZER FOR PLANTS.—One ounce of nitrate of soda, one ounce phosphate of soda, one ounce sulphate of potash, one desert spoonful to two quarts of water, and sprinkle on plants.

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PICKLES

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SWEET MUSTARD PICKLES.—Two quarts cucumbers raw, eight onions, twelve large apples. Chop all in small pieces and cover with hot water and salt over night, drain in morning add seven cups brown sugar, three pints diluted vinegar. Let come to a boil. Then add the following dressing: One cup flour, one teaspoon tumeric, three teaspoons mustard, two teaspoons celery seed, moisten with water; add to boiling pickles. Bottle and seal.—Mrs. W. J. Cossette.

MUSTARD DRESSING FOR CUCUMBERS.—One cup of flour, three cups white sugar, five teaspoons mustard, one teaspoon tumeric, two teaspoons celery salt, two teaspoons salt (or less), two cups vinegar, two cups water.—Mrs. C. House.

FRENCH MUSTARD.—Slice an onion into a bowl and cover with vinegar, after two days pour off the vinegar, add one teaspoon salt, one teaspoon sugar, one egg, and mustard enough to thicken, set on the stove and stir until it boils, when cold it is fit for use.—Mrs. P. R. Mallory.

FRENCH MUSTARD.—Two tablespoons mustard, two tablespoons of sugar, work well together. Then beat in an egg until it is smooth. Add one-half cup vinegar a little at a time, working it all smooth. Set on the stove and cook five or ten minutes, stirring all the while it cooks. Add one tablespoon of the best olive oil, taking care to get it all thoroughly worked in and smooth.—Mrs. A. Munger.

ONION PICKLES.—Peel small onions (silver skins preferred), put them in strong salt brine, cold, and let stand for two days, take out of brine and put in fresh water (no salt) for one day; take out and drain. Take two cups of water to one cup of strong vinegar, one-half cup white sugar and a tablespoon pickle spice. Prepare as much of this solution as you think you will need for your onions. Boil it for five minutes, let cool thoroughly, fill your onions into sealers, and cover with the cold vinegar, and seal. Onions put up in this way will always stay crisp and tender and retain their whiteness and keep well.—Mrs. H. Broeder.

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PICKLES.—One pepper, two large onions, two bunches celery, one peck green tomatoes, four cucumbers, one-half cabbage, cut up fine and drain over night with one-half teacup salt, press dry, boil one quart vinegar and following spices for half an hour: Two teaspoons tumeric, two teaspoons curry powder, two teaspoons black pepper, two tablespoons mustard, two tablespoons mixed spice, one tablespoons ginger, one teacup sugar; add rest, boil short time, and bottle.—Mrs. R. D. Coutts.

SWEET PICKLES.—Wash and dry and fill nine quart jars, add spices, stick cinnamon and cloves. Into one gallon of vinegar add one teaspoon saccharine powder, and one cup of salt, let dissolve, and pour over pickles, and seal.—Mrs. C. H. Webster.

SWEET TOMATO PICKLES.—Take eight pounds green tomatoes and chop fine, add four pounds brown sugar, and boil down three hours, add one quart vinegar, one teaspoon each of mace, cinnamon and cloves, and boil about fifteen minutes.—Mrs. P. J. Warren.

SWEET TOMATO PICKLES.—Half peck sliced green tomatoes, three large onions cut fine, with salt. Let remain for twelve hours. Drain, then add one ounce whole mixed spices, one cup vinegar, three cups brown sugar, boil till done.—Mrs. G. A. Fraser.

FRENCH GREEN TOMATOES.—One peck green tomatoes, six large onions sliced, one cup salt. Leave over night. In the morning drain and scald in weak vinegar, drain and put fresh vinegar to cover. One cup sugar, one tablespoon tumeric, one tablespoon curry powder, cinnamon, cloves and allspice, one nutmeg; scald five minutes.—Mrs. S. E. Hodgson.

SWEET CUCUMBER RINGS.—Twelve medium sized cucumbers, two cups sugar, four cups vinegar, two level tablespoons whole cloves, two tablespoons allspice, one tablespoon mace, two sticks cinnamon, two tablespoons chopped red pepper. Pare cucumbers, cut into half- or three-quarter inch slices, remove seeds, sprinkle liberally with salt, put into colander and drain two hours, rinse with cold water, tie spices in bag and boil with sugar and

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vinegar ten minutes, then add cucumber rings, bring to boil and simmer slowly thirty minutes, put into sterilized jars and seal.—Mrs. T. G. Ross.

COLD CUCUMBER PICKLES (SWEET)—One gallon cold vinegar, one and one-half cups white sugar, one-half cup salt, one cup mustard, mix to a paste with some of the vinegar, stir all together and pour over the washed and dried cucumbers. Keep them below vinegar with plate. Do not need to seal tightly.—Mrs. R. L. Broad.

RIPE CUCUMBER PICKLES (SWEET).—Six large ripe cucumbers, cut into two inch cubes, and stand in salt over night, drain, and take one quart vinegar, and bring to boiling point, add one teaspoon allspice, one teaspoon mustard seed, one teaspoon celery seed, one cup brown sugar, then add cucumbers, boil two minutes, bottle.—Mrs. Eaman.

CUCUMBER PICKLES.—One dozen cucumbers, peeled and sliced, half dozen onions sliced, sprinkle with one tablespoon salt, and let stand all night, one pint vinegar, one teaspoon tumeric, one teaspoon mustard, one-half teaspoon mustard seed, one-half teaspoon celery seed, one tablespoon flour, one cup brown sugar, mix and bring to boil, add onions and cucumbers, and boil one hour or until clear.—Mrs. C. A. Scarrow.

CUCUMBER PICKLES.—Use two teaspoons or powdered alum to one quart of water, cover cucumbers with it that have been diced one inch thick, let come to a boil and then place behind on the stove for two hours, then plunge into cold water, and drain, pour over this a hot syrup made as follows: Two cups sugar to one pint vinegar, two tablespoons cloves and two sticks of cinnamon, let boil ten minutes. Then put into an open jar, and for three successive mornings pour on the boiling syrup. Seal up.

GREEN TOMATO PICKLES.—Four pounds green tomatoes, one pound apples, one pound onions; slice up the tomatoes and onions, and sprinkle well with salt, leave to stand over night. In the morning drain the water off and put the tomatoes, onions and apples cut up into a kettle and

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cover with a pint of strong vinegar and a pint of water, and six ounces of brown sugar and a tablespoon of mixed pickling spices tied in a little piece of muslin, simmer all together for half an hour or until tender, remove the bag of spices and can.—Mrs. F. O. Brault.

SMALL GREEN TOMATO PICKLES.—Peel small green tomatoes and leave whole, pour brine over and let stand over night, pour off this brine and pour on fresh weak brine and boil until tender. Put tomatoes in sealers and make syrup of vinegar, brown sugar and whole cloves, pour over tomatoes and bottle.—Mrs. J. B. McAdam.

SLICED SWEET CUCUMBER PICKLES.—One dozen sliced cucumbers, one dozen sliced onions, sprinkle with salt and let stand one hour, then drain well. One quart vinegar, (two) cups sugar, one teaspoon each of celery seed, white pepper, mustard, cinnamon, ginger, tumeric and salt. Bring to a boil then add cucumbers and onions, scald a minute of two, remove from fire and place in jars and seal. —Mrs. Arthur Byers.

do not boil

DUTCH PICKLES.—One quart of cucumbers chopped coarse, one quart of tomatoes, one quart of onions, one large cauliflower, one small cabbage chopped coarse, three red peppers chopped fine, put on one-half cup of salt and stand one hour, and drain. Dressing: Ten teaspoons mustard, two teaspoons tumeric, four and one-half cups sugar, one cup flour, two quarts vinegar, stir until all is hot, and pour over pickles and cook half an hour, then bottle. —Mrs. C. M. Lowes.

CHUTNEY PICKLES.—Twelve green sour apples, two green peppers, four small onions, six green tomatoes, one cup raisins, one quart vinegar, two tablespoons mustard seed two tablespoons salt, one tablespoon powdered sugar. Remove the seeds from the raisins and peppers, add the tomatoes and onions and chop all fine. Put the vinegar, sugar and spices on to boil, add the chopped mixture, let simmer one hour, then add the apples pared and cored; cook slowly until soft. Keep in small bottles well corked.—Mrs. J. Brown.

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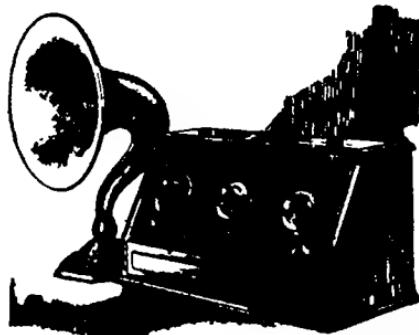
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EAST INDIA RELISH.—Twenty ripe tomatoes peeled, four large onions, three red peppers; chop all the above together and add four tablespoons salt, one teaspoon cinnamon, four cups vinegar, three cups light brown sugar; boil three hours.—Mrs. G. A. Fraser.

PEPPER RELISH.—Six red sweet peppers, six green sweet peppers, six onions, one small cabbage, two cups sugar, two tablespoons salt, one pint vinegar; to every pint of vinegar add one cup of water. Put all ingredients through chopper, put into bowl, pour boiling water over all and squeeze dry. Have the vinegar hot with the sugar and salt in the preserving kettle. Mix all well together, let come to a boil; and seal in jars.—Mrs. J. K. Kerchner.

HEINTZ RELISH.—Twelve large green tomatoes, one and one-half onions (large), four red peppers, one can pimientos (small), two and one-half cups brown sugar, one teaspoon curry powder, two teaspoons mustard seed, salt, celery and vinegar to taste. Put all through food chopper, and boil until tender.—Mrs. A. J. Wyman.

CORN RELISH.—Eighteen large ears of corn, three green peppers, four large onions, one small cabbage, one-quarter pound mustard (seant), four cups white sugar, two quarts vinegar, three-quarters cup salt; chop all fine and boil slowly one hour, mix mustard with a little vinegar, and add just before taking off stove.—Mrs. T. G. Ross.

CUCUMBER RELISH.—Two dozen large cucumbers, one-half dozen onions, peel and chop finely together, sprinkle with salt and let stand three of four hours, or over night; drain well and cover with vinegar, let boil two or three minutes, lift out pickles and add two tablespoons mustard, two tablespoons corn starch, one teaspoon tumeric, three cups sugar, (fruit), then add pickles, and cook until thick.—Mrs. K. McPherson.

RHUEARD RELISH.—Two pounds rhubarb, one-quarter pound seeded and chopped raisins, one-half pound stoned and chopped dates, three cups vinegar, two pounds brown sugar, one tablespoon Chili pepper, one and one-half tablespoons salt, one tablespoon ginger, one-half cup chopped walnuts. Combine raisins and dates, and let stand

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in vinegar one hour, skin rhubarb, and cut in one-half inch pieces, add to first mixture, with all remaining ingredients, except the nuts, cook slowly for two hours, add nuts and cook ten minutes longer, and bottle.—Mrs. Needham.

RHUBARB RELISH.—One quart rhubarb cut up, one pint of vinegar, one teaspoon cinnamon, one-half teaspoon allspice, one-half teaspoon cloves, one teaspoon salt, and a little pepper, one quart onions cut fine, one and one-half pounds brown sugar. Boil all together until fairly thick, and bottle.—Mrs. J. A. Beatty.

BEET RELISH.—One quart beets, one quart cabbage, one cup horseradish, one cup white sugar, one teaspoon salt, one teaspoon pepper, vinegar. Boil the beets, put through the chopper, grate the horseradish, chop the cabbage without cooking, add the sugar, salt and pepper, stir well; fill in jars and cover with cold vinegar and seal.—Mrs. Jos. Crosson.

BEET AND CABBAGE.—One head of cabbage, two or three dozen cooked beets (put all through meat chopper); two cups horseradish. Boil together one quart white vinegar, one cup white sugar, one tablespoon mixed pickling spices tied in a cloth; pour while hot on the above.—Mrs. E. Haste.

BEETS AND CAULIFLOWER.—Cut up one large cauliflower and add one cup small onions, put half cup salt over this and cover with water; let stand over night. Drain off in the morning, cook beets and peel, heat vinegar until it boils, put about a handful of whole cloves in a bag and drop into the vinegar. When the vinegar starts to boil put onions and cauliflower in the vinegar for about five minutes. Take out and pack beets and cauliflower in bottles, adding about three onions to each bottle. Cover with boiling vinegar and seal.—Mrs. W. J. Johnson.

DILL PICKLES.—Two quarts water, one quart vinegar, one half cup salt and dill. Have boiling hot, pour over cucumbers and seal.—Mrs. Al. Kessler.

DILL PICKLES.—One-half cup vinegar, two cups water, one tablespoon salt, boil. Put layer of dill in bottom of jar, then in cucumbers and another layer of dill on top, pour in vinegar and seal.—Mrs. E. J. Campbell.

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CANNING CORN, PEAS AND BEANS.—For eight cups vegetables, two cups soft water, one cup sugar, one-half cup salt, bring to a boil, add vegetables and cook until tender. be sure brine covers, and seal.—Mrs. Jack McDonald.

BEAN PICKLES.—One peck of beans prepared and cooked as for table use, adding a little more salt in the water. When cooked drain well. Dressing: Two pounds sugar, one cup of flour, two tablespoons of celery seed, one-half cup mustard, one tablespoon tumeric, two pints vinegar. Mix all powders together. Then add vinegar. Boil ten to fifteen minutes, stirring all the time. Pour over beans and heat through. Bottle when cold.—Mrs. W. Peters.

PICKLED PEARS.—Three pounds brown sugar, three cups water, one quart vinegar, a few pieces cinnamon bark, one ounce cloves. Peel and cook pears in above until soft. Let stand two days. Drain off syrup and boil one-half hour. Pour over pears and seal.—Mrs. T. G. Ross.

TOMATO BUTTER.—Ten pounds ripe tomatoes scalded, skins removed and pulp cut in small pieces, three pounds brown sugar, one quart medium strength vinegar, one tablespoon salt, one-quarter teaspoon pepper, one-half tablespoon whole cloves, two tablespoons whole cinnamon, one-half tablespoon whole allspice. Put spices in bag, and boil together until thick. Add onions if desired.—Mrs. Carter

PEPPER HASTE.—One large cabbage, six onions, nine green peppers, nine red peppers, two bunches celery (more if desired) chopped very fine. Keep in separate dishes and sprinkle with one-half cup salt. Let stand over night. Drain and add one-fourth cup white mustard seed, one tablespoon celery seed, one quart vinegar, four cups sugar. Scald vinegar with mustard and celery seed, and pour over all.—Mrs. B. A. Campbell.

PICCALILLI.—One gallon green tomatoes sliced, six good sized onions sliced, one pint granulated sugar, one quart pure cider vinegar, one tablespoon salt, two tablespoons mixed spices. Mix all together and stew until tender, stirring continually. Put in fruit jars and seal.—Mrs. J. Sands.

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WHITE LILY PICKLES.—Twelve large ripe cucumbers, eight large onions peeled and sliced, and sprinkle with salt. Let stand one hour, then drain. Put in a kettle and add one tablespoon mustard, one-half tablespoon tumeric, one tea-cup white sugar, cover with vinegar and boil.—Mrs. O. A. Borgen.

PEPPER HASH.—One large cabbage, six large onions, twelve green peppers cut up fine. Sprinkle one-half cup salt on this and let stand twenty-four hours. Drain and add four cups granulated sugar, one tablespoon celery seed, three-quarters cup mustard seed, cover with vinegar, and let stand three or four days.—Mrs. Needham.

CHOW CHOW.—Ten green cucumbers, eight medium sized onions, thirty medium sized green tomatoes. Slice and sprinkle with salt, let stand over night and next morning drain and put through chopper, mix all together and season with pickling spice, sweeten to taste. Now mix all together, and heat vinegar to a boiling point, then pour over ingredients. Remove vinegar, and reheat three times. Then seal in jars.—Mrs. Harry Fenn.

MUSTARD CHOW CHOW.—One quart each green tomatoes, onions, cabbage, cucumbers, green peppers, all put through meat grinder, add a little water and boil ten minutes, then strain. Sauce: One cup sugar, one cup flour, six tablespoons mustard, two tablespoons salt, two tablespoons tumeric, two tablespoons celery seed, two quarts vinegar, mix all together and boil, then pour over chow chow, set on back of stove for a while and stir well, then seal.—Mrs. D. A. Leckie.

TOMATO CREAM.—One dozen large onions, one dozen large apples, one dozen ripe tomatoes, peel and chop fine. boil until very soft, then strain through sieve; when cold add one-quarter pound mustard, one quart vinegar, one teaspoon red pepper, one pound brown sugar, one tablespoon salt; boil until thick, seal tight.—Mrs. J. Moss.

CELERY SAUCE.—One peck green tomatoes, six large onions, six heads celery, twelve large sour apples, four cups sugar, one-half cup mustard, four tablespoons salt, three tablespoons cinnamon, one tablespoon curry powder, one teaspoon red pepper, three pints vinegar, chop all fine, turn into kettle and boil one hour.—Mrs. G. Wright.

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CHILI SAUCE.—Thirteen ripe tomatoes, one large onion, one teaspoon ginger, one teaspoon each allspice, cassia, cloves, salt, one tablespoon sugar, a little red pepper, two cups vinegar. Boil until thick.—Mrs. S. E. Hodgson.

RED SAUCE.—Fifteen ripe tomatoes, four onions, two cups vinegar, ten tablespoons sugar, one tablespoon salt, two red peppers. Boil one hour, then seal.—Mrs. W. Patterson.

KETCHUP.—One-half bushel tomatoes, boil until soft, strain through colander, one-half pound salt, one ounce cloves, two ounces black pepper, two ounces allspice, one-half ounce mace, two ounces root ginger, one-half ounce cinnamon (stick), spices all whole; boil two and one-half hours, strain through colander and seal—Mrs. S. E. Hodgson

CAULIFLOWER PICKLE.—Take firm hearts cut close to stock, lay in an earthenware dish and sprinkle through with salt. Let stand for three days, then steam nearly soft. Allow one pint of vinegar, four tablespoons mustard for each medium sized cauliflower. Heat vinegar scalding hot. Mix mustard, a little cayenne pepper, and one-half ounce of tumeric with enough cold vinegar to make a smooth paste. Add to scalding vinegar and let come to a boil, then pour over cauliflower. Use four medium sized cauliflowers for this quantity, thicken with a little cornstarch.—Mrs. R. Myers.

GREEN TOMATO SAUCE.—One-half peck green tomatoes, six onions, six apples, two cups of white sugar, one teaspoon each of cloves, cinnamon, allspice, one-half teaspoon cayenne pepper, vinegar. Slice the tomatoes and onions, sprinkle with salt, let stand over night. In the morning drain off the liquid, chop the apples fine, add the sugar, spices and pepper; put in a kettle with enough vinegar to cover, and boil until soft. Put in jars and keep airtight.—Mrs. Jos. Crosson.

CHILI SAUCE FOR LARGE QUANTITY.—Peel about four dozen ripe tomatoes, eight small onions cut small, four cups vinegar, two cups sugar (or more), two teaspoons salt, one teaspoon pepper, one teaspoon cinnamon, one teaspoon allspice, one teaspoon cloves, one bunch celery cut fine; cook one and one-half hours.—Mrs. Easton.

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CATSUP.—By using a can of tomatoes and adding minced onion and various spices, and straining, delicious catsup can be made.—Mrs. G. H. Glover.

COLD CATSUP.—One peck tomatoes chopped fine, one quart vinegar, three cups grated horseradish, two-thirds cup of salt, two onions chopped fine, one cup mustard seed.

OLIVE OIL PICKLES.—Slice thin one quart cucumbers, one teaspoon salt, one tablespoon sugar, one teaspoon celery, one tablespoon mustard seed, one tablespoon olive oil; fill your jar with vinegar and seal.—Mrs. Townsend.

TOMATO CATSUP WITH GARLIC.—One-half bushel of tomatoes, one-fourth pound of whole black pepper, one quart of vinegar, one-half pound salt, one-fourth ounce cayenne, one-fourth pound of whole allspice, one-fourth ounce of ground cloves, one-fourth pound of mustard, two ounces of garlic, six onions, two pounds of brown sugar. Boil thick and strain.

ICE PICKLES.—Soak whole cucumbers four hours in ice water, pare and cut into good sized pieces, pack in jars. Boil together one quart of vinegar, two cups of sugar, one-half cup salt, and pour while hot over cucumbers. Put into each jar two or three slices of onion, a little mustard seed and horseradish. Seal at once.—Mrs. W. Patterson.

FRUIT SAUCE.—Thirty ripe tomatoes skinned, six peaches pared and stoned, six pears pared and cored, three red peppers cut fine, four cups sugar, one quart of vinegar, two tablespoons salt, two or three tablespoons of whole spice in a bag, according to taste. Boil one hour. Seal while hot. (Makes five pints).—Mrs. G. A. Curliss.

CORN RELISH.—Twenty cobs of corn. Boil twenty minutes, then cut from cob. One large head of cabbage, three bunches of celery, three red peppers put through a meat chopper. Dressing: Three pints vinegar, three pints water, one cup of flour, one-half cup of salt, five cups sugar, one teaspoon tumeric. Put vegetables into dressing and cook five minutes. Put in airtight jars.—Mrs. G. A. Curliss.

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The twining bean, the ruddy beet,
Yea, all the garden brings to light,
Speaks of a landscape of delight.

Boil fresh young vegetables in hard water. A little salt will harden water at once.

Boil dried vegetables in soft water. A little baking soda will soften water, and is useful in making tender, green vegetables that are a little old.

A little sugar is an improvement to beets, turnips and squash.

NEW ENGLAND BAKED BEANS.—One pint of beans put to soak in two quarts cold water over night. In the morning drain off water, put them in bean jar, add two tablespoons molasses, one teaspoon of salt, a little pepper, one-half pound salt pork quite fat. Fill the jar up with boiling water, and bake from eight to ten hours in a good steady oven. Keep the pot well filled with water until two hours before serving, then allow to simmer down to one-half at least.—Mrs. T. Stewart.

BAKED PORK AND BEANS.—Concoction approved by Columbia University of New York, U.S.A. Two pounds of fat salt pork, one quart of white beans, one teaspoon Keen's mustard, one cup tomato catsup, three tablespoons molasses, one bay leaf, one gill of vinegar, black pepper, salt to taste. Soak beans twenty-four hours in lukewarm water, wash and change water and bring to boil (do not let them boil, as it will break the skins), and then let stand until cold. Lay salt pork cut one inch square in a stone pickle jar, fill with beans and cut pork, and other ingredients, snap clamp, and seal lid with flour and hot dough. Bake stone jar in a pan with boiling water for eight hours.—Mr. John Minazzi.

BOSTON BAKED BEANS.—One pound pork sliced, one tablespoon mustard, one-half cup sugar, pepper and salt. Boil one quart of beans until the skins break open. Put

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two or three slices of meat in bottom of bean pot, add layer of beans, a little mustard, sugar, pepper and salt (if pork is fresh); continue this until bean pot is filled, leaving a little pork for top. Fill bean pot with hot water and bake all day in a moderate oven, adding water occasionally. Serve hot.—Mrs. W. J. Perkins.

SCALLOPED BEANS.—One pint white beans, milk to cover, one-half cup cream, salt to taste. Soak the beans over night in cold water. Drain. Put in earthen baking dish, cover well with new milk. Bake in a slow oven for three hours. Refill the dish with milk if it boils away. Do not allow the beans to brown over top until tender. When nearly done add a little more salt and one-half cup cream. Serve before the sauce has all been absorbed by baking.—Mrs. E. L. Brown.

POTATOES AU GRATIN.—Six cold boiled potatoes, one cup cream, one tablespoon flour, three egg yolks, one cup stock or milk, two tablespoons butter, six tablespoons grated cheese, one teaspoon salt, one-half teaspoon pepper, one red and one green pepper (may be omitted). Melt butter, stir flour until smooth, add milk and cream, and stir until it boils; take from fire, add yolks well beaten, cheese and seasoning. Put a layer of this sauce in bottom of baking dish, sprinkle over pepper chopped fine, then a layer of potatoes sliced, and so continue, having the last layer sauce. Sprinkle with bread crumbs and bake in a quick oven until brown.—Mrs. W. J. Gibbins.

DELMONICO POTATOES.—Two cups cold boiled potatoes cut up in cubes, one and one-fourth cups white sauce, one and one-fourth cups grated cheese, one-third cups buttered bread crumbs, one-fourth teaspoon salt, pepper. Put half of potatoes in buttered baking dish. Add half of sauce, sprinkle with cheese, salt and pepper. Then remaining cheese and sauce. Cover with bread crumbs and bake in moderate oven until nicely browned. White sauce: Two tablespoons butter, two tablespoons flour, one cup sweet milk. Melt butter, stir in flour, and cook until it bubbles. Cool, and add milk. Cook about ten minutes. Salt and pepper to taste.—Mrs. J. Coutts.

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POTATOES IN HALF SHELL.—Five medium sized potatoes, two tablespoons butter, three tablespoons hot milk, a pinch of salt and pepper, two egg whites beaten stiff. Bake the potatoes, and cut either crosswise or lengthwise. Scoop out the inside, mash and add other ingredients, then fold in whites of eggs and beat well. Refill the half shells and bake in very hot oven six or eight minutes. Before baking, if the potatoes are sprinkled with grated cheese the flavor will be improved.—Mrs. T. G. Ross.

POTATO SCONES.—Mashed potatoes (hot or cold), add piece of butter and enough flour to make fairly stiff dough. Roll out into thin circles, cut in four and bake in greased frying pan on top of the stove. To be eaten hot. Spread with butter.—Mrs. W. Jones.

HEARTY COOKED POTATOES.—Wash and peel some potatoes. Cut them into slices about a quarter of an inch thick. Throw them into boiling salt water and if of good quality they will be done in about ten minutes. Strain off the water, put the potatoes into a hot dish. Chop them slightly, add pepper and salt to taste, and a few pieces of fresh butter, and serve at once.—Mrs. A. L. Munger.

BAKED POTATOES.—Bake about four or five good sized potatoes. When done cut off one end of each and carefully remove the potato so as not to break the skins. Mash them with about a dessertspoon of parsley and onion cut fine, a good lump of butter and a tablespoon or so of hot milk. Fill the skins, put on the top skin and set in the oven again for a few minutes.—Mrs. G. W. Loree.

POTATO SOUFFLE.—Take two cups mashed potatoes and stir into it two tablespoons melted butter and beat to a white cream. Then put into this two eggs beaten very light and a cup of cream or milk. Salt and pepper to taste. Beat well, pour into a deep dish and bake in a quick oven until nicely browned. If properly mixed it will come out very fluffy and light.—Mrs. Mallory.

POTATO PUFFS.—Two cups cold mashed potatoes, two tablespoons melted butter (beaten to a cream), then add two well beaten eggs, and one cup cream or cream and milk mixed, salt and pepper. Pour into a buttered pan and bake in a quick oven until nicely browned.—Mrs. J. Moss.

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POTATO PUFFS.—One cup mashed potatoes, one-half cup flour, two eggs, one tea-spoon baking powder, one tea-spoon Crisco, one-half teaspoon salt. Beat eggs light, add mashed potatoes, salt and Crisco. Sift flour and baking powder and stir in thoroughly. Drop by teaspoon into hot Crisco and fry to a golden brown.—Mrs. Otto Hoffos.

POTATOES STUFFED WITH CHEESE.—Select large, smooth baking potatoes of uniform size and wash them well. Put the potatoes in a very hot oven and bake them until they are about half done, then remove and cut in half lengthwise. Hollow out the potatoes a little in the centre, making the cavity long and narrow rather than deep. Sprinkle the cavity with salt and pepper and fill with grated cheese. Dot sparingly with butter, return to the oven and bake until potatoes are tender.

DINNER CABBAGE.—Remove five large leaves from a cabbage. Chop half a small cabbage, as one would for slaw. Add seven crackers rolled fine, two tablespoons melted butter, two eggs, salt and pepper. Mix the ingredients and fill the large cabbage leaves with the mixture. Roll leaves together and fasten with toothpicks. Cover the cabbage with plenty of milk and cook slowly in a double boiler until thoroughly done. The same recipe may be used by baking the ingredients in a baking dish and not using the cabbage leaves. Cover well with milk and bake slowly from thirty to forty minutes.—Mrs. H. Fenn.

STUFFED CABBAGE.—One head cabbage, one pound hamburger steak, one-half cup cooked rice, one onion cut fine. Mix the steak, rice and onion together. Break off the cabbage leaves and stuff each leaf with one tablespoon of the mixture. Place each two ends together and roll tight. Place a few cabbage leaves on the bottom of the pot to prevent burning, lay the stuffed leaves in close together and cover with sufficient hot water to keep the leaves well under. Boil slowly from one and one-half hours to two hours on a steady fire. Serve hot, and if desired with ketchup.—Mrs. N. Surdia.

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SAUER KRAUT.—Select large firm heads of cabbage and cut very fine. Line the bottom and sides of a clean keg or large jar with the outside leaves, then put in about three inches of shredded cabbage, and sprinkle over this four ounces of salt. Pound it with a wooden pestle, put in another layer of cabbage and salt and then pound, and continue this until the keg or jar is full. Place a white clean muslin cloth on top and cover with a round board somewhat smaller than the top of the keg. Weight down with a good sized stone. Let the keg stand in a warm place to ferment; the cabbage will sink and the liquid will come to the surface. Clean off the scum and set the keg in a cool, dry cellar. The sauer kraut will be ready to use in about three weeks. Skum must always be removed and keg should always be kept covered.—Mrs. J. K. Kerchner.

SPANISH RICE.—One cup rice cooked in a "double boiler, two onions sliced and fried in butter, two green peppers, one-half pound beefsteak ground, one pint tomatoes. Mix all together. Put in a large piece of butter. Cook in oven for one hour and serve hot.—Mrs. J. R. Martin

SPANISH RICE.—One small cup of uncooked rice well washed, one can of tomatoes, one green pepper cut fine, one onion finely chopped, one tablespoon butter, one tablespoon brown sugar, salt and pepper. Brown the rice in a frying pan containing about one tablespoon of hot bacon fat. Have the tomatoes heating in a saucepan and add the well browned rice, green pepper and onion. Add the butter, sugar, salt and pepper, and let cook gently for about an hour or until rice is well cooked. Pile on hot platter, surround with slices of crisp bacon, and serve very hot.—Mrs. J. A. McKay.

SPANISH DISH.—(For six). Boil one small package of Vermecilli until well done but not dry. Fry one pound hamburger steak until well done, and two chopped onions and three red peppers. Mix all together and put in a baking dish. Cover with a can of ripe tomatoes, and season. Let stew slowly in the oven for some time. May be served cold or very hot. If allowed to cool it will jelly.—Mrs. C. Robertshaw.

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CORN OYSTERS.—To one can corn add two well beaten eggs; mix well and add one-third cup flour, pinch of salt and cayenne pepper. Beat well and fry in hot butter, dropping into pan in small spoons. Serve very hot.

PUREE OF PEAS.—(Especially useful when peas are too old for boiling). Boil a pint of peas with two or three lettuce leaves, two spinach leaves, two spring onions and a sprig of mint or parsley. When leaves are tender pass all through a sieve. Melt an ounce of butter in a saucepan, add puree and two tablespoons of good gravy. Salt and pepper. Stir over the fire until nice and thick. Place in a hot dish and garnish with small pieces of fried bread.—Mrs. Easton.

PARSNIPS WITH ROAST BEEF.—Prepare a four or five pound roast of beef. When roast is about half done, place parsnips cut in two lengthwise along side of roast and bake until a nice brown. Serve hot.—Mrs. J. A. Beatty.

RUSSIAN FLUFF.—One can tomatoes, one can peas, one pound beef steak, two cups boiled rice. Grind and fry the beef steak in butter until brown. Use all the juice of vegetables. Mix together, season and bake. Season to taste.—Mrs. Robert Burns.

TOMATO DUMPLINGS.—One cup flour, two teaspoons baking powder, one-half teaspoon salt, one-third cup sweet milk. Sift dry ingredients together, making a soft dough by adding milk, and drop from spoon into a can of hot tomatoes. Cook gently for about fifteen minutes (covered).—Mrs. W. J. Perkins.

ASPARAGUS ON TOAST.—Stew tender asparagus thirty minutes. Add a half cup of cream, salt and butter. Cook, and turn on graham bread toasted.—Mrs. Robinson.

BEETS SERVED WITH CREAM SAUCE.—We are familiar with pickled beets, but try them diced and served with cream dressing. Young beets will cook in about half an hour after they begin to boil and should always be put in boiling water. When done, remove and plunge into cold water, remove the skins, and dice into a skillet with rich cream sauce. Add a little sugar to the sauce. Serve hot.—Mrs. Draxton.

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CHILI BEANS.—Soak over night one and one-half pounds of brown beans. Boil in water to cover. When tender add one can of tomatoes, season with salt and pepper and one-fourth pound of butter or good drippings. Take one pound of raw hamburger and stir into the beans and tomatoes, and hot chilli pepper. Let boil until quite thick and until the meat is well done. Stir often after the meat has been added, as the meat burns easily.—Mrs. E. E. Railson.

CUTTED CARROTS.—Four cups diced carrots, two medium sized onions, one cup of cream, three tablespoons butter, two tablespoons sugar, two teaspoons salt, two teaspoons minced parsley. Melt butter, add onion, and fry until golden brown; add carrots and sugar and gently simmer for thirty minutes, then add parsley, salt and cream.—Mrs. I. Horn.

PARSNIP FRITTERS.—Two cups parsnips, after being well boiled and mashed fine. Beat two eggs and add to parsnips, season with salt, pepper and butter. Drop little pats in butter and fry on both sides.—Mrs. Albert McKee.

RICE AND PIMENTOES.—One small can pimentoes, one cup rice, one cup grated cheese, two eggs, one and one-half cups milk, seasoning. Cook rice, add cheese and chopped potatoes, beaten eggs, milk and seasoning. Turn into buttered dish and bake in moderate oven twenty minutes.—Mrs. Wm. Linthecum.

SWEET POTATO CROQUETTES.—Two cups of hot riceed sweet potatoes, add three tablespoons butter, one-half teaspoon salt, a little pepper and one beaten egg. Shape, and when cool, roll in flour, eggs and crumbs. Fry in deep fat and drain. If potatoes are very dry it will be necessary to add a small amount of milk to moisten.—Ethel Riley.

ESCALLOPED POTATOES.—Cut six potatoes into pieces like dice, and boil until slightly cooked. Drain off water, and put a layer in bottom of baking dish, sprinkle over this a little flour, salt, pepper, and butter in bits, then add another layer of potatoes and seasoning until the dish is two-thirds full. Cover with rich milk and bake until brown.

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BURR OAK FARM POTATOES.—Slice thinly four medium sized cold boiled potatoes and six hard-boiled eggs. Butter a baking dish and dispose a layer of prepared potatoes, sprinkle lightly with salt, pepper and onion juice; cover with a layer of eggs, sprinkle with salt, pepper and a thin grating of cheese. Repeat until potatoes, eggs and one-fourth cup grated cheese have been used. Pour over to cover a thin white sauce to which has been added one-fourth cup grated cheese and a few grains of cayenne. Cover with buttered crumbs and bake in hot oven until crumbs are brown.—Mrs. J. Powers.

ESCALLOPED ONIONS.—Slice onions and boil until tender, changing water twice. Place in baking dish layers of onions and bread crumbs that have browned in butter. Pour over all a rich cream sauce, sprinkle with bread crumbs, and bake twenty minutes. Cabbage may be used in the same way.—Mrs. Sinclair.

BAKED CORN.—One can corn, one-half cup milk or cream, three eggs beaten thoroughly, salt and white pepper. Mix all together and pour into baking dish, and put specks of butter on top. Bake twenty or thirty minutes in dish of hot water.—Mrs. R. Urton.

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PLUM MARMALADE.—Six pounds plums, one pint water, four oranges, peel and all, five pounds sugar, one-half pound sultana raisins. Stone the plums and cut the oranges fine. Add the raisins and sugar. Let stand over night, and in the morning add water and cook very slowly two hours.—Mrs. T. G. Ross.

DRIED APRICOT JAM.—Take one pound dried apricots, four pounds sugar and four pints water. Wash, dry and cut up apricots, then soak in four pints water for two days. Boil twenty minutes, add warmed sugar and boil about half an hour. Seal in the usual way.—Mrs. T. H. Ross.

RHUBARB AND PINEAPPLE JAM.—Six pounds rhubarb, one pineapple, five pounds sugar. Wash and cut rhubarb into small pieces. Cut pineapple. Mix the two fruits and cover with the sugar. Let stand over night. Boil one hour or until thick, being careful to stir, as it burns easily. Seal while hot in the usual way.—Mrs. B. E. Mason.

KING'S JAM.—Four pounds grapes, three-fourths pound raisins, one-fourth pound walnuts, one-half pound figs, two pounds sugar, pulp of two oranges. Chop all ingredients fine, mix and cook until thick. Seal in glass jars.—Mrs. J. Moss.

SPICED GRAPES.—Take pulp and skins of ten pounds grapes, add four pounds sugar, one-half pint vinegar, one level teaspoon cloves, one teaspoon cinnamon. Boil gently for one hour, stirring frequently.—Mrs. Hume.

GREEN TOMATO PRESERVES.—Slice green tomatoes, and for every two pounds of tomatoes take one lemon and three cups of sugar and two or three sticks cinnamon. Add about two cups water and boil slowly for three hours. As you seal you can pick out most of the stick cinnamon.—Mrs. H. Broeder.

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RHUBARB CONSERVE.—Nine pounds rhubarb, five pounds sugar, one pound raisins, two oranges, one lemon, one cup walnuts; scald the rhubarb first, then cook until done, and seal.—Mrs. Easton.

CRANBERRY CONSERVE.—To four cups cranberries add one cup cold water and bring to boiling point. When berries pop, rub them through a sieve and add one cup boiling water, one cup seeded raisins, one and one-half cups walnuts or pecans, three cups sugar, three oranges in thin slices. Cook slowly for thirty minutes. Makes a rich, thick conserve.—Mrs. Clarence Vail.

GRAPE CONSERVE.—To every five pounds of grapes take three pounds of sugar, two pounds seedless raisins and one-half pound English walnuts. Separate pulp from skins. Heat pulp scalding hot, put through a colander and sieve, then add skins to pulp with sugar. Boil slowly for twenty minutes; add raisins. Boil fifteen minutes. Then add chopped nuts and seal.—Mrs. Christie.

PEACH CONSERVE.—Twelve peaches, three oranges, one lemon. Peel oranges and lemons; boil peel one-half hour, strain and chop fine; add to peaches chopped fine, add three cups sugar and boil for one-half hour.—Mrs W. J. Perkins.

PEACH MARMALADE.—Twelve peaches, six oranges, three pounds sugar, one-fourth pound almonds. Boil until it begins to thicken.—Mrs. W. J. Perkins.

ORANGE MARMALADE.—Six oranges, three lemons, ten cups water, ten cups sugar. Slice oranges and lemons fine, remove seed, and soak twenty-four hours in the water. Boil for one hour; add sugar and boil another hour or until it thickens like jelly. Put in jelly glasses and cover.—Mrs. Melville.

ORANGE MARMALADE.—Put six oranges through food chopper and one lemon; add juice of two lemons and eleven cups of water. Boil one hour, then add five pounds sugar, and boil another hour.—Mrs. C. E. Barr.

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RHUBARB MARMALADE.—Eight quarts rhubarb, four lemons, two oranges, two cups walnuts, eight cups sugar.—Mrs. Heagy.

RHUBARB MARMALADE.—Three pounds rhubarb cut small, one-half pound figs cut small, one-half pound candied orange peel sliced, three pounds granulated sugar, juice of a large lemon, and grated rind. Put into kettle with sugar, and let stand over night, covered. Boil slowly until thick, and bottle.—Miss. L. Kerr.

CRAB-APPLE JELLY.—Remove stems and wash fruit. Cut out all imperfect parts and the blossom end, divide into quarters but do not pare. Put into the kettle with half as much water by measure as fruit. Simmer until fruit is tender. Turn into bag and strain without squeezing. Allow equal measures of juice and sugar. The pulp may be used for marmalade.—Mrs. J. K. Kerchner.

PARSLEY JELLY.—Wash and stem the parsley. Place in a pan with enough water to cover it when the parsley is pressed down. Add a pinch of alum. Boil for one-half hour and strain. For every four cups of parsley juice add the juice of one lemon, and for every cup of fluid add a cup of sugar and boil until it jells.—Mrs. Easton.

SNOW JELLY.—One-half of a small box of KNOX GELATINE, one-half pint cold water, eight tablespoons boiling water, one-half cup sugar, white of two eggs, juice and grated rind of one lemon. Dissolve gelatine in boiling water. When cold add other ingredients except eggs. When mixture stiffens add whites of eggs beaten to a froth, then beat all together until light like snow. Make custard with one-half pint milk, yolks of two eggs, two tablespoons of sugar and a little grated lemon peel.—Mrs. C. E. Barr.

GRAPE JELLY.—Put grapes in a granite dish (add no water), mash with a potato masher. Let boil about fifteen minutes, strain through a cheesecloth, press well. Boil juice for fifteen minutes before adding the sugar. Then use one cup of warmed sugar to one cup of juice. Set the juice on the back of the stove and stir in the sugar until it is dissolved. Do not boil after the sugar goes in, but bottle and put away.—Mrs. E. Smith.

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PRESERVED GREEN GAGES.—Prick six pounds of green gages with a needle around the stem. Put them in a colander and rinse off with cold water. Place a preserving kettle with four pounds of sugar and one quart of water over the fire. Boil five minutes; remove every particle of black scum that rises, add the gages, cook five minutes. Carefully remove and fill them into glass jars. Boil the syrup five minutes longer, then strain, and fill the jars with it to overflowing. Seal each jar as soon as filled. When cold, wash and dry the jars and set them in a cool dry place.

CHERRY PRESERVES.—Wash and seed cherries carefully. Make a thick syrup of granulated sugar and water and drop cherries in a few at a time. Cook until tender. If syrup is too thin, skim cherries out and boil it down. When it becomes desired consistency then add cherries and let boil up once. Seal while boiling hot.

PRESERVED PEACHES.—To fill four quart jars, select forty nice ripe peaches, cut them in halves, remove the stones, peel and lay the fruit as soon as pared in cold water. Place a preserving kettle with four pounds sugar and one quart water over the fire. Boil two minutes and skim off the black scum. Add the drained peaches, cook until a straw will pierce them easily. Skim off all the white scum and fill the jars with peaches and pour in the syrup until the jar is overflowing. Seal and keep in a cool place. Stones may be left in peaches if desired.

FRUIT MACEDOINE.—A combination of fruits make an attractive pack in a syrup made from two cups sugar and one and one-half cups water. It is a convenient product to have to serve either as a fruit cocktail, salad or dessert. Any light colored fruits make a good mixture: Green gage plums, pears and gooseberries; peaches, pears and cherries. Do not include berries in these combinations because they discolor fruits of lighter color and would have the tendency to lose their form.—Mrs. J. R. Martin.

RIPE TOMATO PRESERVES.—For every five pounds tomatoes, use four pounds sugar, one lemon. Skin tomatoes, cut and place in colander, let stand a while. Make syrup of juice and sugar, add sliced lemon and lastly add tomatoes. Boil until thick and clear.—Mrs. Webster.

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VEGETABLE MARROW JAM.—Six pounds of marrow, six pounds of sugar, one ounce ginger, one-fourth pound whole preserved ginger, a little cayenne pepper, salt, the juice and rind of two lemons chopped fine. Cut the marrow in pieces about two inches thick, put into pan and steep with sugar over night. Then boil twenty minutes and set away for twenty-four hours. Then add ginger, pepper, salt and lemon. Cook until syrup is rather thick and clear.—Mrs Darby.

HOUSEHOLD HINTS

HOME MADE SOAP.—Empty one can lye into a kettle containing one quart of cold water, stir with a spoon or stick. The lye will dissolve at once and become smoking hot. Let lye cool, and while cooling, heat six pounds grease or tallow, free from salt, until lukewarm, strain through a cloth to remove all dirt particles to make perfectly clean soap. Now add to the grease two tablespoons of ammonia and one tablespoon borax, then pour lye slowly on fat, stirring constantly. Stir until the color of honey; ten minutes usually sufficient. Turn into molds, paste board boxes will do, cut into desired sized bars before it becomes hard. This makes about twelve bars. Let stand two weeks before using.

CAMPHOR ICE.—One-half pound of mutton tallow, three ounces gum camphor, three ounces glycerine. Melt tallow, take off stove and cool a little. Break camphor in small pieces, pour it and glycerine into melted tallow and beat thick.

FRUIT SALTS.—Two ounces Epsom salts, two ounces cream of tartar, two ounces tartaric acid, two ounces carbonate soda, one pound icing sugar.

HOME MADE LINIMENT.—One cup vinegar, one cup turpentine, and a new laid egg. Shake all together.

FOR CHAPPED HANDS.—One-half ounce quince seed, one and one-half pints water, three ounces rose water, five ounces glycerine, six ounces alcohol.

Add a small handful of Epsom salts to the water to wash colored clothes and they will look as bright as new.

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ICES AND CREAMS

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ICE CREAM.—One quart of cream, two and one-half cups milk, little over one-half box KNOX'S GELATINE, two cups sugar, also big tablespoon flavoring. Dissolve gelatine in hot water enough to cover. Add half of the milk. Place in double boiler until gelatine is dissolved. Put in rest of milk and other ingredients and freeze.—Mrs. G. H. Glover.

ICE CREAM.—One and one-half cups sugar, two cups milk, two cups cream, four eggs, one tablespoon vanilla. Make a custard of the milk, eggs and sugar, then whip cream and add when custard is cool. Freeze.—Mrs. C. A. Halvorsen.

CHOCOLATE ICE CREAM.—One quart of milk, six egg yolks, one and one-half cups sugar, one-half teaspoon salt, four ounce square of chocolate, one teaspoon cinnamon, one and one-half teaspoon of vanilla, one pint cream. Scald milk, beat the eggs, add one cup of sugar and beat again. Add the salt and stir, and cook in the hot milk until the mixture thickens slightly. Have chocolate ready melted, and cook with the one-half cup of sugar and enough boiling water to make a paste. Dilute chocolate with a little hot custard, stir until smooth, then add to the rest of the custard and strain into a cold dish. When cold add the cream, cinnamon and vanilla. Freeze in the usual manner.—Mrs. A. J. Hindle.

CHOCOLATE ICE CREAM.—Four cups Carnation Milk, one cup sugar, one tablespoon vanilla, three eggs, two squares Baker's bitter chocolate. Put milk and sugar into double boiler. Let come to a boil. Have eggs well beaten, and stir briskly while pouring into milk. Dissolve chocolate by putting in bowl and stand in hot water. When dissolved pour custard slowly into chocolate, stirring all the time. Freeze in regular manner. This will serve ten people.—Mrs. Draxten.

CARAMEL ICE CREAM.—Two cups granulated sugar, one pint milk, one-half cup flour, four eggs, one tablespoon vanilla, one-half teaspoon salt. Heat milk, add one cup of the sugar mixed thoroughly with the one-half cup flour.

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Stir constantly and boil ten minutes. Remove from the fire and add the four beaten eggs and salt. Place on stove a heavy frying pan with the other cup of sugar and heat quickly, stirring all the while until melted. Add quickly to the boiled custard and stir. When cool add vanilla and one quart of cream, whipped; fill freezer on up with milk until three-fourths full and freeze. Makes one gallon of ice cream. When freezing use the real ice cream salt, mixing one-fourth salt to three-fourth ice.—Mrs. Fred Alderson

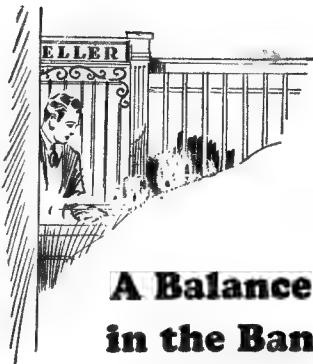
STRAWBERRY MOUSSE.—One pint cream, one pint strawberries, two-thirds cup sugar, one and one-half tablespoon KNOX'S GELATINE soaked in four tablespoons cold water. Wash and hull berries, crush, add the sugar, add the gelatine which has been dissolved over hot water. Set the mixture in a pan of ice water. When it starts to set fold in stiffly beaten cream. Turn in mold, pack in ice and salt for four hours.—Mrs. A. T. Baker.

BAVARIAN CREAM.—One pint grated pineapple, one-half pint sugar, one-half box KNOX'S GELATINE, one-half cup cold water. Cover gelatine with cold water and let soak one-half hour. Put pineapple and sugar on stove and let simmer while gelatine is soaking. Then stir the gelatine and pineapple mixture together. Let it cool and before it begins to harden put in the desired quantity of whipped cream.—Mrs. J. J. Murphey.

BAVARIAN CREAM.—One and one-third tablespoons KNOX'S GELATINE, one-third cup cold water, one cup fruit juice and pulp (pineapple), three-fourths cup white sugar, juice of one-half lemon, one pint cream for whipping. Put gelatine in hot water until dissolved. Mix fruit juice and sugar, pour melted gelatine into this, beat until light and foamy, then beat in whipped cream. (Sufficient for twelve people).

APRICOT BAVARIAN CREAM.—In double boiler put one level tablespoon KNOX'S GELATINE, one cup syrup from can of apricots, two egg yolks, grated rind and juice of one lemon, one-half cup sugar. Mix and cook over hot water. Strain, and add cup of sliced apricots out of can. Set in a cool place or in ice water if weather is warm, and beat until it is light. Add the two whipped egg whites and one cup heavy cream.—Mrs. G. H. Glover.

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FRAPPE.—One-half envelope KNOX'S GELATINE soaked in one-fourth cup cold water. Let stand five minutes. Three-fourths cup sugar, one cup shredded pineapple (or any other fruit), one-half pint cream, one egg white, one-fourth cup chopped walnuts. Dissolve gelatine over hot water. Whip cream, add gelatine and whipped white of egg. When cool fold in fruit and nuts and set away in a cold place. Turn out on dish and serve.—Mrs. J. B. McAdam.

CHOCOLATE SAUCE FOR ICE CREAM.—One square chocolate, one cup sugar, one cup boiling water. Cook in double boiler. When cool add one-half cup chopped nuts.—Mrs. J. E. Barber.

COCONUT ICE.—Boil together two cups sugar and one-half cup milk for five minutes. Then turn into a basin on to one-half pound shredded cocoanut and stir to a blancmange like consistency. Add a few drops vanilla and turn on to a buttered dish, and when setting pour over it an equal quantity colored with carmine. Cut into bars.—Mrs. Prout.

LEMON AND BANANA SHERBET.—To the juice of two lemons and the pulp of two bananas add one quart of fresh milk and two cups white sugar. Freeze.—Mrs. Evelyn Green

PINEAPPLE SHERBET.—One pint pineapple, two cups sugar, one lemon, one quart water, two teaspoons KNOX'S GELATINE. Shred pineapple, add sugar, lemon and water. Boil fifteen minutes. Have gelatine dissolved in a little cold water, and add hot mixture. Strain and cool, then freeze.—Mrs. H. Shaw.

NESELRODE PUDDING.—One pint cream, two egg yolks, three-fourths cup sugar, one-fourth cup Marashino cherries, one-fourth cup walnuts (chopped), two teaspoons vanilla, one and one-half ounces candied fruits, one slice pineapple (chopped). Add one-fourth of the cream to the egg yolks and heat a few moments over hot water, stirring constantly. Add sugar, remove from fire, cool, and add vanilla. Add fruit and nuts when the cream is nearly frozen.—Mrs. J. R. Martin.

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ICE CREAM WITHOUT A FREEZER.—One pint cream, two eggs, three-fourths cup sugar, one-half cup water. Beat cream stiff. Boil sugar and water to syrup. Beat yellow of eggs and whites separate. Put syrup into yellows and then whites of eggs, and then into double boiler and let it come to a boil. Let it cool and mix with whipped cream. Put into the snow to freeze.—Mrs. O. Borgen.

ICE CREAM MOUSSE.—One pint double cream, three-fourths cup icing sugar, one-fourth teaspoon salt, any fruit preferred. Add salt, sugar and flavoring to cream, and beat until solid to bottom of bowl. Then put in a mold and freeze.—Mrs. Goodall.

COFFEE CREAM.—Two cups sweetened coffee, two teaspoons sugar, one package KNOX'S GELATINE soaked in water. Pour hot coffee over this and stir until thickened. When cool add one cup whipped cream.—Mrs. J. B. McAdam

PINEAPPLE PRIFLE.—Cut light cake in small pieces, and put a layer in the bottom of a glass dish, then a layer of pineapple cut fine, and so on, having pineapple as the last layer. Whip cream and pile on lightly. Sprinkle with bits of pineapple. Sugar to taste.—Mrs. H. Shaw.

MAPLE PARFAIT.—Beat four eggs slightly and pour on them slowly one-half pint hot maple syrup. Cook until the mixture thickens and cool it, then add one teaspoon almond extract. Remove from the fire, cool, and add one pint thick cream. Beat until stiff. Put this in a mold and pack in salt and ice and let stand for four hours.—Mrs. K. C. Rappell.

SUBSTITUTE FOR WHIPPED CREAM.—Beat the white of one egg and one-half cup of sugar lightly together. Then add one grated apple and vanilla. Whip until light and feathery. One banana may be used instead of apple.—Mrs. W. H. Vail.

FRUIT JELLY.—Soak one-half box of KNOX'S GELATINE in one pint cold water until dissolved. Add two cups sugar, pulp and juice of one lemon, one pint boiling water. Strain over any fruits desired, and let stand.—Mrs. Wm. Patterson.

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SPANISH CREAM.—To one small package of KNOX'S GELATINE add three pints milk, six eggs, eight tablespoons sugar. Soak the gelatine one hour in the milk. Put on fire and let come to a boil. Beat yolks of eggs with sugar and stir in. Let it simmer for a while. Take from fire and fold in whites beaten to a stiff froth. Flavor with vanilla or lemon.—Mrs. A. DeVine.

CHOCOLATE CREAM.—Soak one-fourth ounce KNOX'S GELATINE in one-half pint milk for one-half hour. Heat till dissolved. Add two and one-half ounces grated chocolate and two and one-half ounces sugar. Boil all together, stirring for five minutes. Make a custard with two yolks of eggs and one-half pint milk. Add together with a few drops vanilla. Pour in glass dish and scatter desiccated cocoanut on top. Serve cold.—Mrs. W. O. Prout.

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FRENCH SALAD DRESSING.—One-half teaspoon salt, one-fourth teaspoon pepper, a few grains cayenne or paprika, two to six tablespoons vinegar and lemon juice, six tablespoons oil. If desired, one-half teaspoon prepared mustard, one-half teaspoon onion juice. Method: Mix ingredients, add oil, mix again, add acid few drops at time. Beat until thick.

FRUIT SALAD DRESSING.—Four eggs, one cup granulated of pulverized sugar, two lemons. Beat yolks thoroughly, and add the well beaten whites. Gradually add the sugar, then juice of the lemons. Place in a pan of hot water and cook until thick. When needed for use thin with whipped sweet cream.—Mrs. L. K. Flick.

MAYONNAISE DRESSING.—Two heaping tablespoons of butter, one heaping tablespoon flour, one cup sweet milk, one-half cup hot diluted vinegar, yolks of four eggs, one-fourth cup sugar, one rounding tablespoon mustard, one teaspoon salt, and pepper. Melt the butter, stir in the flour, and add the milk. Cook in double boiler until creamy. Beat the yolks, stir in the sugar, mustard and seasoning. Mix into the part in double boiler and cook until thick. Add last the one-half cup hot vinegar. Seal and put in a cool place and this will keep a long time. Thin with thick cream, sweet or sour, when wanted for use.—Mrs. Robert Burns.

BOILED SALAD DRESSING.—Two cups granulated sugar, one teaspoon salt, two rounded teaspoons mustard, one-fourth teaspoon cayenne pepper, two heaping table-

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spoons flour. Mix all dry ingredients thoroughly. Add one cup milk, one cup vinegar, and three eggs well beaten. Put into double boiler and cook until thick. Add butter-size of an egg.—Mrs. H. Douglas Stephen.

THOUSAND ISLANDS DRESSING.—One cup salad dressing, one cup ketchup, two tablespoons olive oil, one tin pimentos, two hard boiled eggs, a head of lettuce.—Mrs. W. Graham.

FRUIT SALAD DRESSING.—One-half cup lemon juice, one-half cup pineapple juice, one cup sugar. Heat in double boiler. Add four eggs beaten well and a pinch of salt.—Mrs. Valentine.

SALAD DRESSING.—One cup sour cream, one-half cup sugar, one tablespoon corn starch, one tablespoon mustard, one teaspoon salt, two eggs, one-half cup vinegar, one-half cup water. Cook in double boiler.—Mrs. G. L. Kroshus.

SALAD DRESSING.—One large cup milk, one-half cup butter, one heaping teaspoon mustard, one tablespoon flour, one teaspoon sugar, salt, three tablespoons oil or cream. Mix dry ingredients, stir in melted butter. When blended stir milk in gradually. Cook in double boiler until smooth, then add beaten white of egg and beat until velvety. Add oil or cream and beat again. Add the vinegar last and heat in.—Mrs. S. Winfield.

FRUIT OR VEGETABLE DRESSING.—One tablespoon sugar, one and one-half tablespoon flour, one teaspoon salt, three-fourths teaspoon mustard, two eggs, one cup rich milk, one-fourth cup mild vinegar. Mix dry ingredients. Add well beaten eggs and milk and stir until smooth, then add vinegar slowly and cook in double boiler until thick and creamy. This dressing goes equally well with fruit or vegetables.—Mrs. Fred Lee.

SALAD CREAM DRESSING FOR CABBAGE.—Heat one-half cup vinegar and one-fourth cup sugar very hot. Then beat one-half cup sour cream and one egg together and add to the hot vinegar and let come to a boil. Remove from fire and cool. Add one-half teaspoon mustard if desired.—Mrs. H. E. Riley.

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CABBAGE SALAD.—Chop about half a head of cabbage very fine. Add one apple and some celery. Salt, pepper and sugar to taste. Add salad dressing and serve.—Laura Brazier.

CABBAGE SALAD.—One quart cabbage very fine, one cup slightly sour cream, one teaspoon salt, two tablespoons sugar, one-half cup vinegar. Put cabbage, cream and vinegar in a dish and stir until light and foamy, then add sugar and salt. If desired one may add a little sliced onion or chopped walnuts. Sweet cream may also be used instead of sour, but the slightly sour is apt to beat lighter. Do not add vinegar to sweet cream until beaten.—Mrs. W. Moyer.

SALMON SALAD.—One can salmon, one cup chopped celery, two eggs (hard boiled), one cup salad dressing, pitted olives, lettuce leaves. Pour the oil off the salmon, remove bones and skin. Mix slightly with fork, add the celery and eggs chopped fine. Garnish with olives and lettuce.—Mrs. Kyte.

SALMON AND EGG SALAD.—Line a platter with crisp lettuce and in the centre put the contents of a can of salmon. Around the outside arrange the halves of hard boiled eggs. Cover with a cup or more of thin salad dressing.—Mrs. S. M. Moyer.

ASSINIBOIA SALAD.—Four slices pineapple, one-half cup celery, one-half cup nuts chopped, two oranges, lettuce and mayonnaise. Arrange slices of pineapple on lettuce leaves, cut celery in slender strips about one and one-half inches long, and mix with nuts. Pile in centres of pineapple and garnish with four sections of orange free from membranes. Serve dressing separately.—Mrs. W. J. Butler

PEAR AND CHEESE SALAD.—Arrange halves of preserved pears on crisp lettuce leaves. Put a mound of cottage cheese on each piece. Serve with a mixture of mayonnaise dressing and whipped cream.—Mrs. Holmes, sr.

ASPERAGUS SALAD.—Place six canned or fresh tips on lettuce. Serve with dressing to which has been added one tablespoon chopped cucumber, pickles or fresh, one tablespoon pimento, one teaspoon chopped parsley, and a little onion, three tablespoons chili sauce.—Mrs. Jack McDonald.

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CUCUMBER SALAD.—One-half of a head of cabbage, ordinary size, chopped fine, twelve ripe cucumbers. Peel and scrape out seed of cucumbers. Chop three large onions and let them stand over night with salt sprinkled on them; in the morning pour boiling water over them and drain. Add one tablespoon of tumeric powder, one tablespoon of celery, salt or seed, two tablespoons of mustard, two cups of sugar and a little salt, and enough vinegar to almost cover. Cook slowly a few minutes and seal.—Mrs. C. E. Bari

GERMAN POTATO SALAD.—Slice boiled potatoes thin, season with salt and pepper. Take a small piece of bacon, cut thin, fry light brown. Add two medium sized onions, one tablespoon flour. When fried brown add vinegar and a little sugar. Let come to a boil. Pour over potatoes and serve hot.—Mrs. W. H. Vail.

PEA SALAD.—One can peas drained, one large onion, two or three tomatoes, or one can, two boiled eggs, one pickle.—Mrs. J. W. Heagy.

COMBINATION SALAD.—One cucumber, two tomatoes, one-half dozen radishes, four small green onions, a small head of lettuce. Slice cucumbers and tomatoes, cut radishes into small pieces, chop onions and some of the centre of the lettuce. Serve with salad dressing mixed with rich cream.—Mrs. J. Moss.

TOMATO SALAD.—Half a box of KNOX GELATINE, half cup cold water, two cups canned tomatoes, one tablespoon sugar, pepper and salt. Pour water on gelatine and let stand half an hour. Add tomatoes and boil, add sugar, pepper and salt. Put in a mould until set. Serve with the usual salad dressing.—Mrs. G. A. Fraser.

RICE SALAD.—Cook one cup rice in milk in double boiler. Next day add salt, sugar and a small can of crushed pineapple. Cover with whipped cream.—Mrs. E. J. Campbell

CARROT SALAD.—Grate one large carrot on the coarse side of the grater. Add about one-half cup of chopped celery, some walnuts, one apple. Serve on lettuce leaves with salad dressing.—Mrs. H. Maize.

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APPLE SALAD.—Cut three large tart apples into small cubes, one-half cup of chopped celery, one-half cup broken walnuts, fruit salad dressing.—Mrs. H. Maize.

JELLIED VEGETABLE SALAD.—Two tablespoons granulated KNOX GELATINE, one-half cup cold water, one-half cup vinegar, juice of one lemon, two cups boiling water, one-half cup sugar, one cup shredded cabbage, one-half cup pimento, one-half cup celery finely cut, one-half of a green pepper finely chopped, one teaspoon salt. Soak the gelatine in cold water. Add the boiling water and place dish over hot water. Let stand until gelatine is dissolved, remove and add the vinegar, lemon juice, sugar and salt. Cool, and when it begins to jell, add the chopped vegetables. Pour into moulds; chill. Serve on lettuce leaves with salad dressing. (Any other desired mixture of vegetables may be used.—Mrs. P. Buchard.

BANANA AND ORANGE SALAD.—Six oranges, three lemons, juice of half a lemon, one-half cup pineapple juice, one-half cup sugar, one egg white. Peel and cut in small pieces four oranges and the bananas. Mix the lemon juice, sugar and beaten egg white with the juice of the two remaining oranges. Bring to a boil, strain and pour over the fruit. Add the pineapple juice last. Serve very cold.—Mrs. Otto Hoffos.

IMPERIAL SALAD.—Take a fresh pineapple, oranges, celery and apples. Cut in cubes or dices, mix with some mayonnaise into which a few tablespoons of heavy cream has been previously mixed. Serve on shallow salad dish. Garnish with finely chopped peppers and sweet pimento, alternating the color all around the border. Sprinkle a few finely chopped pecan nuts in the centre.—Mrs. Dell Park.

CANDLESTICK SALAD.—Place a whole slice of pineapple on a salad plate. Cut a straight banana in halves crosswise. Stand half of the banana in an upright position in the centre of the slice of pineapple. Make a cut in the tip of the banana and insert a third of a red maraschino cherry for a flame. Serve with mayonnaise or boiled dressing placed at one side of pineapple.—Mrs. M. A. Richards.

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SHRIMP SALAD.—One can dry shrimps. Add cucumber, tomato and lettuce cut into small pieces. Mix with salad dressing.—Mrs. E. L. Patterson.

COZY CORNER SALAD.—Take a few of each of the following fruits and slice or cut in small pieces according to their kind: Peaches, pineapples, bananas, seeded white or red grapes, dates, grapefruits and oranges. Mix with the following dressing: Three tablespoons cream, three tablespoons sugar, one egg, one-fourth teaspoon salt, beat all together and cook in a double boiler until thick as jelly. Chill and whip in one tablespoon lemon juice and one-half pint whipped cream. Mix dressing and fruit together and garnish with pieces of maraschino cherries and walnuts.—Mrs. E. L. Patterson.

LOBSTER SALAD.—One can lobster (picked fine), one and one-half cups celery, one small onion chopped fine, pepper and salt. Use any sour cream salad dressing.—Mrs. J. Moss.

MACEDOINE SALAD.—One cup cooked carrot strips, one cup cooked potato cubes, one cup cooked string beans, two tablespoons finely chopped parsley, shredded lettuce. Arrange shredded lettuce on salad plates. Mix vegetables with French dressing, also putting a spoonful on each plate.—Mrs. F. Buchard.

DELICIOUS ARGYLE SALAD.—One can apricots, twelve chopped marshmallows, one cup chopped pecan nut meats, lettuce leaves, yolks of four eggs, four tablespoons vinegar, one tablespoon sugar, one teaspoon salt, one teaspoon dry mustard, one teaspoon butter, a few grains red pepper, one cup whipped cream. Drain apricots and lay them on crisp lettuce leaves. Put egg yolks into double boiler. Then add sugar, vinegar, salt, mustard, red pepper and butter. Cook for five minutes. Stir while cooking. Allow to cool. Then add whipped cream and beat all together. Next add the nuts and marshmallows. Place a spoonful of dressing on each plate of salad.—Mrs. K. MacRae.

MANHATTAN SALAD.—Dissolve one package lemon jelly powder in a pint of boiling water. While it is cooling chop fine one cup tart apples, one cup walnuts, one cup

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celery and season to taste with salt. Mix these ingredients and pour them over the dissolved jelly powder. Cool in small moulds and serve on lettuce leaves with salad dressing or whipped cream.—Mrs. P. R. Mallory.

PINEAPPLE CUP SALAD.—Cut three large oranges in halves and remove pulp. Cut edges into saw teeth. Peel and dice one large banana. Mix banana, orange pulp and one cup crushed pineapple. Fill the orange cups with the mixture and heap with whipped cream and maraschino cherries.—Mrs. W. J. Cossette.

PINEAPPLE AND GRAPE FRUIT SALAD.—Two grapefruit, one fresh pineapple, one-half cup walnut meats, one-half cup salad dressing. Cut the pineapple into cubes. Mix with grape fruit (celery may be substituted). Moisten with dressing and sprinkle with nuts. Arrange on lettuce leaves.—Mrs. J. R. Martin.

PEACH SALAD.—Pare and cut large yellow peaches into halves. Prepare two halves for each plate, drop them into cold water to keep from turning brown. Chop a half cup mixed nuts, half a cup of fresh cherries and mix with mayonnaise. Fill peaches, which have been placed on plates. Place a puff of thick whipped cream on top and serve cold.—Mrs. Clarence Vail.

TURQUOISE SALAD.—Mix together equal parts celery and pineapple, cut in matchlike pieces. Serve on lettuce leaves with salad dressing made light with whipped cream. Garnish with pimentos.—Mrs. Mallory.

HEAVENLY HASH.—Two cans sliced pineapples, two pounds marshmallows soaked in pineapple juice a few minutes, one and one-half pounds stuffed dates cut in four pieces, five eating apples cut in cubes. Put the fruits together and mix with plenty of whipped cream.—Mrs. J. P. Frostad.

CRANBERRY SALAD.—One-half envelope KNOX GELATINE, one pint cranberries, three-fourths cup celery (diced), one-third cup nut meats (chopped), one and one-half cups water, one cup sugar, salt. Cook cranberries in one cup water twenty minutes, stir in sugar and cook for five

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minutes. Add the gelatine which has been softened in one-half cup of cold water ten minutes, and stir until dissolved. When mixture begins to thicken add celery and nuts and turn into dish rinsed in cold water and chill. When firm cut in squares. Place a whole nut meat on top of each square and serve on lettuce leaf with a garnish of salad dressing.—Mrs. Clarence Vail.

FRUIT SALAD WITH PINEAPPLE DRESSING.—Six halved, peeled, fresh pears, or halves of canned pears, one cup halved seeded malaga grapes, lettuce and pineapple dressing. Arrange pears on nests of lettuce leaves with the grapes at the side, and pour pineapple dressing over them. Pineapple dressing: Juice of one can pineapples, three-fourths cup sugar, two tablespoons butter, two eggs, one-half cup whipped cream, one tablespoon flour. Heat juice until warm, blend flour and butter, add egg yolks beaten, and sugar; then egg whites whipped stiff. Pour warm juice into this and stir in double boiler until thick. When cold add chipped cream.—Marjory Perkins.

MARSHMALLOW SALAD.—Slice two or three dozen marshmallows very thin. Add one cup chopped nuts and as much shredded pineapple, either canned or fresh, and serve with whipped cream. Some people prefer to mix cream with marshmallows and pineapple and decorate with cherries and nuts.—Miriam Perkins.

SALADE EUROPÉE.—(For six persons). Two nice apples, twenty-four walnuts, six hearts of lettuce, two or three ripe tomatoes according to size, six tablespoons fresh cream, one teaspoon English mustard, juice of two lemons, salt, and pinch of sugar. Peel the apples, divide into quarters, and mince. Peel the nuts and divide them into quarters, but do not mince. Place the apples and nuts in the centre of the salad bowl surrounded by lettuce leaves. Peel the tomatoes, cut them in two, take the seedy parts out and squeeze out as much water as possible. Pass through a sieve, pour the liquid into a bowl and add the mustard in powder, salt and sugar, lemon juice and cream. Beat the mixture with a fork and pour over the salad which should be mixed at the dinner table.—A. Nougaret.

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CHEESE SALAD.—One-half pound of cream cheese, one-fourth pound of nuts chopped fine, one teaspoon of parsley, one head of lettuce, one cup of salad dressing. Put cheese through a potato ricer. Form into balls the size of walnuts. Serve on lettuce leaves with a little dressing.—Mrs. F. B. Bryant.

CANNED SALAD FOR WINTER USE.—Clean and cut in dice carrots and beets. Leave small pearl onions whole. Cut celery in strips. Cook carrots, onions and celery in salted water until tender. Cook beets separately until done. Place in layers in sealers, and fill with the water cooked in, and seal well. An excellent combination salad mixed with French dressing, and ready at a minute's notice.—Mrs. F. B. Bryant.

CHICKEN SALAD.—Cook chicken, then cut into small dice, cut an equal amount of celery and mix with mayonnaise. Garnish with lettuce and hard boiled eggs.—Mrs. Marie Beard.

CHICKEN SALAD.—Boil chicken until it comes from the bone. Take from water and let it cool. Chop the meat fine, and for every two cups of chicken use one of chopped celery; one cup chopped sweet or dill pickles for every chicken. Serve with salad dressing. Add onion, salt and red pepper.—Mrs. J. K. Kerchner.

ONION AND APPLE SALAD.—Take four apples and one onion. Chop fine and sprinkle with powdered sugar. Then add boiled salad dressing and serve.—Mrs. KYTE.

FRENCH MUSTARD.—One egg, a pinch of salt, three teaspoons cornstarch, three teaspoons mustard, one tablespoon sugar, one cup hot water, one-half cup vinegar.—Mrs. J. Easton.

SARDINE SALAD.—Three boxes sardines. Clean and remove the skins. Six hard boiled eggs sliced. One-half cup cucumber pickles chopped fine. A small quantity of salad dressing. Serve on lettuce leaves.—Mrs. W. Belbeck.

JELLIED CABBAGE.—Three cups chopped cabbage, two or three green peppers, one can pimentoes, one half

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cup white sugar, one-half cup of lemon juice, one-half cup of vinegar. Soak one package of KNOX GELATINE in one-half cup cold water, add one and one-half cups boiling water. While hot, add sugar. Let stand until cold. Then add other ingredients. Put in a mould and let thicken.—Mrs. J. B. McAdam.

A WINTER SALAD.—Take equal quantities of apples and ripe bananas, chopped very fine, and mix with mayonnaise dressing. Nuts may be added. Serve on lettuce leaves, garnish with crisp celery.—Mrs. G. A. Curliss.

BEET SALAD.—One-half dozen beets, chopped cucumbers, chopped celery, lettuce leaves, parsley, a pint of vinegar. Boil the beets, peel them while they are warm. Cut off the stem ends and scoop out centres. Cover with vinegar and let stand over night. When required fill the beets with equal parts of celery and cucumbers. Place each on a lettuce leaf. Pour over it any boiled dressing preferred and garnish with parsley cut fine.—Mrs. W. G. Lowes.

MYSTERY SALAD.—Drain the juice off a can of pineapple. Take the juice of one orange and two lemons and mix all well. Beat three eggs, add half cup sugar and beat again until light colored. Then add slowly the mixture of juices. Cook over hot water until clear. When cool add half a cup of sweet cream whipped. Use any fruits preferred, nuts, dates, etc., but the fruit must be well drained or the salad will be sloppy.—Mrs. Wm. Patterson.

NUT SANDWICHES.—One cup peanuts, almonds or walnuts chopped fine. Add enough salad dressing to make them stick together. Prepare same as cheese sandwiches.—Mrs. W. J. Perkins.

SANDWICH FILLING.—One and one-half cups chicken, pork or veal, two dill or sweet pickles, one teaspoon onion juice. Season with salt and red pepper. Put through chopper and mix with mayonnaise or a rich salad dressing.—Mrs. J. K. Kerchner.

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PIQUANT SANDWICHES.—Cream together one package of cream cheese, two tablespoons peanut butter. Chop very fine one hard boiled egg, one sour pickle and one tablespoon green pepper. Blend them into the cream cheese, adding one-eighth teaspoon salt and a dash of pepper. Spread between slices of buttered bread.—Mrs. Drewery.

ORIENTAL SANDWICHES.—Cream one package of cream cheese and add twelve dates, stoned and chopped, and one-eighth teaspoon salt. Spread on buttered bread. Sprinkle with chopped peanuts, and cover with buttered bread.—Mrs. Drewery.

PIMENTO AND EGG SANDWICH FILLING.—Eight or ten gherkins, six eggs hard boiled, one can pimentos (large size), one onion. Chop and drain pickles, cut and drain pimentos, chop onion and eggs. Mix all together with a fork and moisten with the following dressing: One-half cup sugar, one-half cup vinegar, one-half pint cream, two egg yolks or one whole egg, one teaspoon salt, one teaspoon flour, one-half teaspoon mustard. Mix dry ingredients, add egg, then cream. Heat the vinegar and pour into partly cooked dressing. Let the whole come to a boil, stirring constantly. If all the dressing is used with the above filling, it will make one quart.—Mrs. C. H. Webster.

SUGGESTIONS FOR SANDWICHES

Chopped, hard boiled eggs, moistened with salad dressing.

Chopped meat, chicken or veal, moistened with salad dressing.

Chopped nuts and dates moistened with fruit salad dressing.

Chopped olives and celery moistened with salad dressing.

Chopped cheese and pimento moistened with salad dressing.

Peanut butter, sliced beef and dill pickles.

Sliced cucumbers and radishes moistened with salad dressing.

Chopped olives and walnuts moistened with salad dressing.

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COCKTAILS

HONEY-ORANGE COCKTAIL.—Two-thirds cup of orange juice, a few grains of salt, two tablespoons of lemon juice, crushed ice, two tablespoons of strained honey. Mix ingredients thoroughly. Put crushed ice in four cocktail glasses, pour in mixture and serve at once, garnished with shredded orange rind.—Mrs. Josephine Atchison.

PEACH COCKTAIL.—One-fourth cup heavy syrup, one tablespoon lemon juice, and one of orange, one-half cup of ginger ale, crushed ice. Take the syrup from a jar of rich canned peaches and add the lemon and orange juice and ginger ale. Mix well in a cocktail shaker. Put the crushed ice in four cocktail glasses, pour in the mixture and serve.—Mrs. Atchison.

FRUIT COCKTAIL.—Take large grape fruits, two oranges, grapes cut up small. Both the juice of two lemons, three-fourths cup sugar, one-half cup or more of water, and when cool pour over the fruit. Two teaspoons brandy added gives a nice flavor.—Mrs. H. Shaw.

OYSTER COCKTAIL.—One cup ketchup, one-fourth cup Worcester sauce, six tablespoons vinegar or two lemons, one-half teaspoon tabasco sauce, salt and pepper. Serve very cold on small oysters in cocktail glasses.—Mrs. T. G. Ross.

CHERRY COCKTAIL.—Four tablespoons orange juice, three tablespoons of lemon juice, four tablespoons of ginger ale, four tablespoons cherry juice, crushed ice. Mix well all juices, put crushed ice in four glasses, pour equal amount in each and serve.—Mrs. Atchison.

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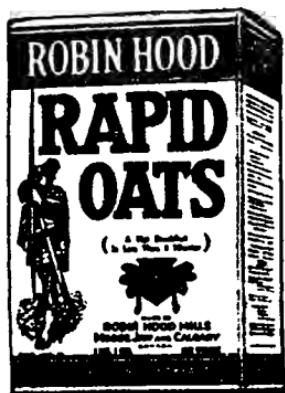


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CHEESE AND EGG DISHES

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BAKED EGGS.—Try baking eggs for a change. Break into a buttered bake dish, add butter, season to taste. Bake until done.—Mrs. G. H. Glover.

BAKED EGGS WITH CHEESE.—Into a well buttered baking dish break the required number of eggs, pouring over them one-half cup of sweet cream, sprinkle with salt, pepper and plenty of grated cheese. Bake until firm but not hard.—Mrs. McKay.

NEST EGGS.—Two cups of mashed potatoes, six eggs, six strips of bacon, one-half teaspoon of paprika, one-half teaspoon salt. Mold six potato balls, flatten slightly and round out middle. Around the outer edge of this, roll a long strip of bacon, fastening with a toothpick. Drop an egg in each mold, sprinkle lightly with paprika and salt. Place in hot oven, turning the pan containing nests if necessary, so that bacon will be done and eggs nicely cooked. Remove and serve on platter garnished with parsley.—Mrs. McKay.

FOAMY OMELETTE.—Separate yolks and whites of four eggs. Beat yolks until thick and lemon colored with a Dover beater. Add four tablespoons of water, one-half teaspoon of salt, one-third teaspoon of pepper. Beat whites until stiff and dry, fold yolks into them. Turn into a moderately hot omelette pan, in which one-half tablespoon of butter has been melted, and cook over a very slow fire for twelve minutes. Then place in a moderate oven to brown on top. Fold, turn into a hot platter, and serve at once.—Mrs. W. J. Perkins.

DENVER OMELETTE.—Three eggs, one tablespoon of chopped ham, one tablespoon chopped onion. Cook ham and onions before putting in the slightly beaten egg. Fold and turn on platter.—Tom.

OMELETTE.—Four eggs, four tablespoons of boiling water, four tablespoons cooked ham, minced, pepper and salt to taste. Beat yolks and whites separately. Add water to yolks, beating all the time. Add whites beaten stiff, salt, pepper and cooked ham. Cook in omelette pan until brown. Serve immediately.—Mrs. B. E. Mason.

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OMELETTE SAVAYARDE.—This is an omelette similar to our present day Denver sandwich. It is as palatable cold as it is hot, and in Savoy the peasants often take the same with them to their work and make their mid-day meal of it. Arranged as a sandwich it is greatly relished by men when shooting. Fry in some good butter, chopped onions and a little lean bacon cut up in small dices. When the bacon begins to turn brown, add the eggs beaten. The omelette should not be any thicker than a pancake. Brown on one side and turn as a pancake. Season with salt and pepper. —A. Nougaret.

EGG TIMBALE.—One cup of milk, one-half tablespoon of fat, one tablespoon of flour, hard boiled eggs. Melt fat in a saucepan with the flour, and stir constantly until thoroughly blended. Then add milk slowly, stirring all the time until creamy. Season to taste. Have ready a timbale form or glass baking dish, which has been partly filled with hard boiled eggs, diced or halved. Pour the sauce over the eggs and bake in a moderate oven about twenty minutes. This serves three people.—Mrs. Otto Hoffos.

MACARONI AND CHEESE.—Put a layer of boiled macaroni in a buttered baking dish, layer of grated cheese. Repeat, and pour over a cream sauce, add some Chili sauce, cover with bread crumbs and bake until brown.—Mrs. W. J. Perkins.

DEVILLED EGGS.—Peel one dozen hard boiled eggs, cut them in half lengthwise, take out yolks and mash, add a piece of butter, salt and pepper, salad dressing. Mix all together and put back in the whites.—Mrs. S. Moyer.

CHEESE SOUFFLE.—Two tablespoons of butter, three tablespoons of flour, six tablespoons of grated cheese, cayenne pepper, one-half cup of hot milk, one-half teaspoon of salt, three eggs, pinch of soda. Melt butter, add flour, and mix well, put in hot milk and stir over fire until thick. Add salt, cayenne, cheese and soda. Remove from fire, and beaten yolks of eggs. Cook the mixture, then fold in the stiffly beaten whites. Put in a buttered baking dish and set in a pan of hot water and bake for twenty-five or thirty minutes.—Mrs. W. C. Davidson.

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WELSH RAREBIT.—Grate one pint of cheese, sprinkle on it one-half teaspoon of mustard, one-fourth teaspoon of salt, and a pinch of cayenne. Heap this on slices of buttered toast, put in oven for a few minutes. When the cheese begins to melt, serve at once.—Mrs. E. Smith.

VENETIAN EGGS.—One-half can of tomatoes, one-half pound of cheese grated, three eggs (yolks only), one small onion chopped fine, one tablespoon of butter, pinch of cayenne, salt and pepper to taste. Put butter in saucepan, add chopped onion, and cook five minutes. Put in cheese, add tomatoes which have been strained and heated, add the well beaten yolks of eggs and seasoning. Cook until smooth. Serve hot on toast.—Mrs. MacKay.

TOMATO RAREBIT.—Two teaspoons butter, two tablespoons flour, three-fourths cup of milk, three-fourths cup of stewed tomatoes, one-eighth teaspoon of soda, two cups of grated cheese, one egg, salt, pepper and a little mustard. Melt butter, stir in flour until smooth, add milk, and stir constantly until thick. Strain tomatoes and add the soda, and as soon as it has finished frothing, stir in the sauce. Add the slightly beaten egg. Cook one minute, then add the grated cheese and serve hot on toast.

CHEESE OMELETTE.—Two egg yolks, salt and pepper, add one tablespoon of cream, one ounce of grated cheese, and then work in the two whites lightly. Put one ounce of butter in omelette pan; when warm pour in mixture. Keep pushing to the side with a spoon. When nearly thick put in oven to brown.—Mrs. A. Draxton.

CHEESE STRAWS.—Roll plain pie crust one-eighth inch thick, sprinkle half with grated cheese, seasoned with salt and cayenne pepper. Fold, press edges together, fold again, sprinkle with cheese, and fold as before. Roll out, cut in strips desired length and width, bake in rather hot oven.—Mrs. A. J. Wyman.

LOBSTER AND CHEESE.—Make a cup of cream sauce, add to it one-half cup of grated cheese, salt and pepper, add a tablespoon of sherry if desired. To this add a small can of lobster, reheat, and serve on crisp toast points.—Mrs. F. E. Jones.

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EGGS A LA SWISS.—Butter size of walnut, melt, slice in thin three of four mushrooms, simmer one minute. Add six well beaten eggs, small sprinkle of nutmeg, a few drops of lemon juice. Stir gently until creamy, then beat and serve on toast.—Mrs. W. Belbeck.

BAKED EGGS WITH CHEESE.—Toast circular pieces of bread from which a little of the centre has been removed. Place toast on buttered dish. Break and drop an egg in the centre of each piece of toast. Sprinkle with salt, pepper, grated cheese and buttered crumbs. Bake until eggs are set.—Mrs. Buchard.

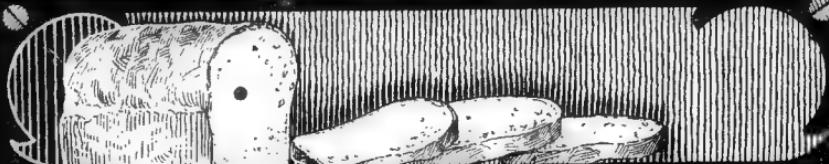
BAKED EGGS IN HAM CASES.—One cup of bread crumbs, three-fourths cup of scalded milk, one cup of finely chopped cooked ham. Line greased custard cups with mixture. Break eggs into centre and bake in oven until set. Serve with white sauce.—Mrs. G. H. Batterley.

CREAMED PEAS AND CHEESE ON TOAST.—Make a cream sauce, using two cups milk, one teaspoon salt, one-fourth teaspoon of pepper. When thickened add one cup of canned peas, one cup of grated cheese. Serve on buttered toast.

BREAKFAST CHEESE.—Put in pan one teaspoon of butter, one teaspoon of flour. Add one cup of milk, three-fourths cup of grated cheese. When this boils add one beaten egg and pinch of salt. Serve with toast—Mrs. S. M. Moyer.

SARDINE STUFFING FOR EGGS.—Sardines freed from bones and rubbed to a paste with egg yolks make an excellent filling for eggs. Boil the eggs hard, shell them, cut in half, and remove the yolks without breaking the whites. Blend the yolks and sardines with mayonnaise, lemon juice, salt and paprika. Refill the whites. Excellent for a luncheon, served with wafers or rolls.—Mrs. F. B. Bryant.

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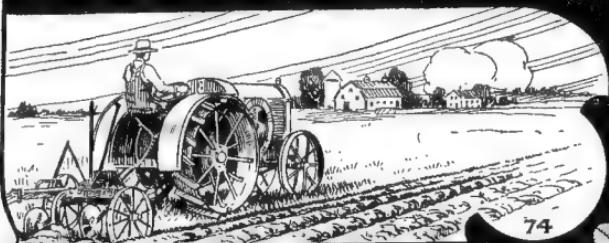


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ORANGE CAKE

$\frac{1}{2}$ cupful butter or substitute	3 teaspoonfuls baking powder
1 cupful sugar	2 eggs
2 cupfuls Swans Down Cake Flour	$\frac{2}{3}$ cupful milk
	1 teaspoonful flavoring

Sift flour once before measuring.

Cream shortening, add sugar gradually. Add beaten egg yolks and beat hard. Sift flour, measure, add baking powder and sift again. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Bake in 2 layers or double recipe for 3 large layers, in moderately hot oven (375° F.). Put together with Orange Filling, and cover with Boiled Icing.

ORANGE FILLING

1 cupful sugar	3 tablespoonfuls lemon juice
5 tablespoonfuls Swans Down Cake Flour	4 tablespoonfuls water
Grated rind 1 orange	1 egg slightly beaten
$\frac{1}{2}$ cupful orange juice	2 teaspoonfuls butter

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

DELICIOUS ONE-EGG CAKE

$\frac{1}{4}$ cupful butter or substitute	$1\frac{1}{2}$ cupfuls Igleheart's Swans Down Cake Flour
$\frac{2}{3}$ cupful sugar	2 teaspoonfuls baking powder
1 egg, well beaten	$\frac{1}{2}$ teaspoonful vanilla
$\frac{1}{2}$ cupful milk	

Cream the shortening; add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk, a little at a time. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes (350-375° F.). Ice as desired.

MARBLE ANGEL FOOD

11 egg whites ($1\frac{1}{4}$ cupfuls)
$\frac{1}{4}$ teaspoonful salt
1 teaspoonful cream of tartar
1 $\frac{1}{4}$ cupfuls sugar (sifted)

WHITE PART	DARK PART
$\frac{1}{2}$ Cupful Swans Down Cake Flour	2 tablespoonfuls cocoa
$\frac{1}{2}$ teaspoonful vanilla	6 tablespoonfuls Swans Down Cake Flour

$\frac{1}{4}$ teaspoonful lemon extract

Add salt to egg whites and beat on a large platter until foamy, then add cream of tartar and beat until the whites are stiff but not dry. Fold the sugar in carefully, using one tablespoonful at a time. When all the sugar has been folded in, divide the egg mixture into two equal parts. To one part, fold in carefully $\frac{1}{2}$ teaspoonful vanilla and $\frac{1}{2}$ cupful Swans Down Cake Flour, which has been sifted four times. To the other part add the lemon extract, and the cocoa and 6 tablespoonfuls Swans Down Cake Flour which have been sifted together five times.

Put these two batters into Angel Food tin, alternating the white and dark. Bake one hour in a slow oven (275° to 325° F.).

**Makers "Sweet Home" Self Raising Pancake Flour
THE COMMUNITY FLOUR MILLS, Assiniboia****CAKES**

We may live without poetry, music, and art,
We may live without conscience and live without heart,
We may live without friends, we may live without books,
But civilized man cannot live without cooks.

ANGEL FOOD.—One and one-half cups sugar, one-half cup water, one and one-fourth cups egg whites (nine to eleven eggs), one-fourth teaspoon salt, one teaspoon cream tartar, one teaspoon vanilla, one cup SWAN'S DOWN CAKE FLOUR. Method: Put sugar and water in a saucepan and cook slowly without stirring until it becomes thick and forms a thread when dropped from a spoon. While the syrup is cooking beat the egg whites with salt added, on a large platter with a flat beater, until foamy. Add cream tartar and beat until stiff. Now pour the syrup over slowly, beating continually, until all is used; add vanilla, gradually fold in flour which has been sifted, measured, then sifted four times. Bake in slow oven fifty to sixty minutes.—Mrs. R. B. McMorine.

ANGEL FOOD.—One cup of egg whites unbeaten (about eight eggs), one and one-fourth cups of granulated sugar, pinch of salt, one small teaspoon of cream tartar, one cup flour, one teaspoon flavoring. Method: Put pinch of salt in egg whites and beat until fairly stiff, add sugar and cream of tartar, beat again for five minutes, add flavoring, flour folded in lightly. Sift sugar once; flour five times. Eggs should be very cold. Bake in ungreased pan.—Mrs. J. A. McKay.

BURNT SUGAR CAKE.—One cup sugar, two eggs, one-half cup butter, one teaspoon vanilla, one cup cold water, two cups flour, two teaspoons baking powder. For burnt sugar put one cup sugar in pan and burn until brown, add one-half cup boiling water and stir. Cool and add half to the cake mixture and save the other half for frosting.—Mrs. Batters.

BURNT SUGAR CAKE.—One cup sugar, one-half cup butter, three eggs well beaten, one cup lukewarm water, two and one-half cups flour, two teaspoons baking powder, two

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tablespoons burnt sugar. To make burnt sugar: Put one cup sugar into frying pan over hot fire and let burn, add one-half cup boiling water, and let boil until it thickens. Filling: One cup sugar mixed with a little water, let boil until it strings. Beat the white of one egg, add the boiled sugar, beat until cool, add one tablespoon of burnt sugar.—Mrs. J. W. Locke

MARBLE CAKE.—White Part: One cup white sugar, one-half cup butter, one cup sweet milk, one-half teaspoon soda, one teaspoon cream tartar, whites of three eggs well beaten, two cups flour. Dark part: One cup brown sugar, one-half cup butter, one-half cup molasses, one-half cup sour milk, three-fourths teaspoon soda dissolved in milk, one teaspoon cloves, one-half teaspoon nutmeg, yolks of three eggs, two and one-half cups flour.—Mrs. W. R. Kyle.

ORANGE CAKE.—Grated rind of one orange for icing. Cut up pulp in small cubes, put them in a cup and fill up cup with cold water. Cream one-fourth cup butter and one cup sugar, add pulp with water, whites of two eggs beaten stiff, one and three-fourths cups flour sifted with one small teaspoon of soda and two teaspoons of cream tartar. Icing: Mix the grated rind with a little butter and icing sugar and sprinkle on cake. Put cake at once in moderate oven.—Mrs. J. L. McCullough.

ORANGE CAKE.—One orange, one cup raisins, one cup sugar, one small cup butter, one egg, one and one-half cups sweet milk, two teaspoons baking powder, one-half teaspoon soda, two cups flour. Cream butter and sugar, add egg and milk, then sift in the flour, baking powder and soda. Before stirring add the whole orange and raisins which have been put through a food chopper. Stir together. Bake in loaf or layers.—Miss Olga Anderson.

SNOW CAKE.—One and one-half cups sugar, one-half cup butter, two and three-fourths cups SWAN'S DOWN CAKE FLOUR, one cup lukewarm water, two eggs, four level teaspoons baking powder. Beat butter to a cream, add sugar, then beaten egg yolks, flour and water alternately. Fold in beaten whites and baking powder, flavor to taste.—Miss Linda Moyer.

WHITE CAKE.—One-half cup butter, one cup granulated sugar, one-half teaspoon lemon, one-half teaspoon

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vanilla, pinch of salt, one cup SWAN'S DOWN FLOUR, one cup flour, each sifted once before measuring, then add two teaspoons baking powder and sift all four times. Add alternately with one cup water. Two egg whites beaten stiff. Bake in moderate oven till cake begins to leave the side of pan.—Mrs. R. B. Carter.

SUNSHINE CAKE.—Sift one cup sugar, add yolks of five eggs beaten until very light, add five tablespoons boiling water, one teaspoon vanilla, one cup flour (sift three times with one teaspoon baking powder). Beat thoroughly, then fold in the stiffly beaten whites. Bake in moderate oven for ~~thirty-five~~ minutes.—Mrs. Ed Holmes.

SPANISH BUN.—Four eggs, two cups sugar, three-fourths cup butter, one cup sweet milk, two and one-half cups flour, one teaspoon each of cinnamon, allspice and cloves, three teaspoons baking powder. Save out whites of two eggs and enough sugar for a meringue. Put meringue on cake and brown in oven. (Makes a large cake).—Mrs. C. M. W. Emery.

PRINCE OF WALES CAKE.—One cup white sugar, two tablespoons molasses, one-half cup butter, two eggs, one-half cup sour milk, one cup chopped raisins or dates, one teaspoon soda, two cups flour. Filling: One egg, one-half cup white sugar, one lemon, one tablespoon water. Boil two or three minutes and stir while boiling until it thickens.—Mrs. W. W. Stewart.

FAT PORK CAKE.—One cup brown sugar, two cups fat pork chopped fine. Pour one cup boiling water over the pork, one cup seeded raisins, one cup currants, one pound walnuts chopped fine, one teaspoon each of cinnamon, cloves and allspice. One cup molasses with one teaspoon soda dissolved in it. Flour enough for a stiff batter.—Mrs. L. Anderson.

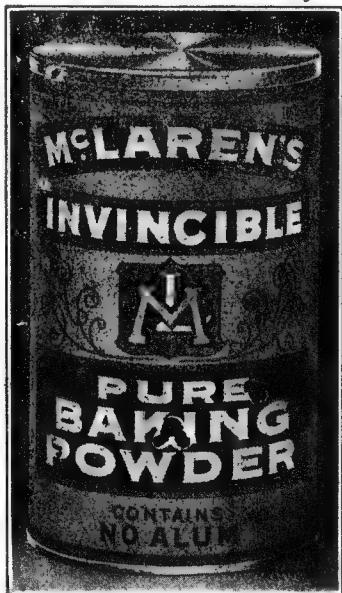
CRUMB CAKE.—Two cups flour, one cup sugar, three-fourths cup butter. Rub to crumbs. Take out one cup of the crumbs, mix the rest with one cup sour milk, one teaspoon soda, one teaspoon cloves, one teaspoon of cinnamon, one egg, one cup raisins, one cup currants. Sprinkle the cup of crumbs on the top of cake, then put in oven. Currants and raisins may be omitted. Very good.—Mrs. Murdock.

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SOUR CREAM CAKE.—One cup sugar, two eggs, one cup sour cream, one-half teaspoon soda, two cups flour (measure after sifting several times), one and one-half teaspoons baking powder, one teaspoon lemon extract. Beat sugar, egg yolks and cream very light, sift in flour, soda and baking powder. Flavor. Add whites beaten to a stiff froth. Bake in layers on shallow square tin.—Mrs. Fred Alderson.

PINEAPPLE LAYER CAKE.—Cream one-half cup ~~fat~~ and one cup sugar together until light, then add two well beaten egg yolks. Two cups flour and four teaspoons baking powder sifted together. Add alternately with three-fourths cup of syrup drained from crushed pineapple. Fold in the stiffly beaten whites of two eggs. Bake in a moderate oven twenty to twenty-five minutes. Filling: To one egg white add enough icing sugar to make quite stiff, then add one-half cup drained pineapple. Spread between layer and on top.—Mrs. W. J. Johnson.

LAYER CAKE.—One-half cup butter, one cup sugar, three eggs, two cups flour, four level teaspoons baking powder, one-fourth teaspoon salt, one cup milk. Cream butter and sugar, add well beaten eggs, and beat again with butter and sugar until very light. Sift flour, baking powder and salt together. Add to first mixture alternately with the milk. Beat lightly for one minute. Put in two greased layer tins. Bake fifteen to twenty minutes.—Mrs. Tew.

WHITE CAKE.—Two eggs, one-half cup melted butter, one cup granulated sugar, three-fourths cup sweet milk. As you add each ingredient beat thoroughly, using egg beater as much as possible. Bake in a long pan in a quick oven.—Mrs. G. W. Ross.

VELVET SPONGE CAKE.—Beat the yolks of four eggs one and one-half cups flour, two teaspoons baking powder, together with two cups of sugar, stir in slowly one cup flour, add the whites of four eggs beaten stiff, a cup of flour into which you have stirred two teaspoons of baking powder and last a scant cup of boiling water. Stir in a little at a time; flavor with lemon; add a pinch of salt. The mixture may seem thin, but do not add any more flour. Bake in jelly pans or a loaf.—Mrs. J. Kerchner.

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APPLE CAKE.—One cup sugar, one-half cup butter, two eggs, one-half cup strong coffee, one teaspoon soda in coffee, one and one-half cup flour, one-half teaspoon or cinnamon, one-half teaspoon cloves, one cup sour apples chopped fine, one-half cup raisins, one-half cup nuts.—Mrs. H. E. Riley.

APPLE SAUCE CAKE.—Two cups sugar, one cup butter or lard, two cups raisins, two and one-half cups unsweetened apple sauce, one teaspoon cloves, one teaspoon cinnamon, three teaspoons soda dissolved in a little heated apple sauce, four cups flour. Few dates and walnuts may be added if preferred.—Mrs. A. Byers.

BANANA AND Currant CAKE.—Ten ounces flour, two eggs, four bananas, six ounces butter, four ounces sugar, one pound currants, two ounces peel, one teaspoon baking powder. Beat butter and sugar to a cream, add eggs one at a time, beating the mixture five minutes before adding each one. Whip bananas and add. Stir in half the flour, then the currants and peel; put in remaining flour and beat well together. Between each addition beat five minutes. Bake one and one-half hours in a moderate oven.—Mrs. W. O. Prout.

MOCHA CAKE.—Scant one-half cup butter, one cup sugar, two eggs, one cup sweet cream, two teaspoons of baking powder, two cups of flour. Cream butter and sugar, add the eggs well beaten, then the cream; add baking powder with flour. Bake twenty-five to thirty minutes in a moderate oven. Icing: Cream scant one-half cup butter, add two tablespoons milk, one teaspoon vanilla, two cups icing sugar, one-half pound of almonds blanched and browned in oven, then roll. Cut cake in squares and spread with icing and roll in nuts.—Mrs. C. M. Lowes.

WALNUT CAKE.—One-half cup butter creamed, one and one-half cups sugar, three-fourths cup milk, two cups flour, one teaspoon baking powder, one cup walnuts chopped fine, whites of four eggs beaten stiff and added at the last. Bake in a moderate oven.—Mrs. J. C. Dow.

NUT SPICE CAKE.—Two cups brown sugar, three eggs, one cup sour cream, one cup of raisins, one cup nuts, one teaspoon soda, one teaspoon nutmeg, one-fourth teaspoon salt, two heaping cups flour, flavor.—Mrs. T. Holmes.

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ROLL JELLY CAKE.—Three eggs, one cup sugar, one cup flour, one tablespoon lemon extract, one teaspoon baking powder, two tablespoons hot water, pinch of salt. Beat yolks of eggs until lemon color, add sugar, continue beating, add flour mixed and sifted with the baking powder and salt. Add hot water and lemon juice and whites of eggs beaten stiff.—Mrs. Townsend. 250 - - -

SHORT CAKE.—Two cups flour, two teaspoons baking powder, one-half teaspoon salt, two teaspoons white sugar, three-fourths cup sweet milk, one-fourth cup butter. Mix dry ingredients, sift twice. Work in butter with tips of fingers, toss on floured board, divide in two parts. Roll out and bake twenty minutes in hot oven. Split and spread with butter. Sweeten fruit to taste and place on back of stove until warm. Crush slightly and put between and on top of shortcake. Cover with whipped cream or cream sauce.—Mrs. Evelyn Green.

DATE LOAF.—One pound of dates stoned and cut, one teaspoon soda over dates, cover with one cup boiling water, add one heaping tablespoon butter, one cup brown sugar, one teaspoon vanilla, two eggs well beaten, pinch of salt, two cups flour to which has been added one-half teaspoon baking powder. One-half cup walnuts cut coarsely. Bake in a loaf tin in a rather slow oven. Very nice cut thin and buttered.—Mrs. H. Douglas Stephen.

DATE CAKE WITH ORANGE AND LEMON RIND.—Cream one-half cup butter with one and one-half cups sugar, three eggs well beaten, one cup sour milk, one teaspoon soda. Rind of one lemon and one orange, two cups SWAN'S DOWN FLOUR. One package of dates stoned and cooked with a little water and cooled. Add the dates before putting in flour. Bake one and one-half hours in a slow oven.—Doris Webster.

DATE CAKE.—One and one-half cups of rolled oats, one and one-half cups flour, one cup sugar, one cup butter, a scant teaspoon soda. Work smooth like biscuits. Put one pound of dates on stove and cover with warm water, let simmer. When soft add one teaspoon of butter and thicken with one teaspoon flour. Add one teaspoon vanilla. Put half of first mixture on bottom of tin, spread on the dates and put the remainder on top. Bake twenty-five minutes in a slow oven.—Mrs. R. M. Cornel.

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DATE OR RAISIN LOAF.—One cup brown sugar, one egg, one-half teaspoon salt, one teaspoon soda, two cups sour milk, three and one-half cups graham flour, ~~one~~ cup of raisins or chopped dates.—Mrs. R. L. Broad.

DATE LAYER CAKE.—Two eggs, three-fourths cup of butter, one scant cup brown sugar, one-half cup syrup, one-half cup sour milk, two cups flour, one teaspoon cloves, two teaspoons cinnamon, one teaspoon of soda. Bake in two layers. Filling: One pound of dates, one-half cup of sugar, one cup water. Boil all together and when cool put between layers.—Mrs. Harry Fenn.

EAGLE CAKE.—One cup brown sugar, one-half cup butter, one egg, one cup sour milk, one teaspoon cinnamon, one-half teaspoon nutmeg, one-half teaspoon cloves, two cups flour, one cup raisins, one level teaspoon soda in a little hot water.—Mrs. R. J. Hawthorne.

CHERRY CAKE.—Eight ounces butter, eight ounces sugar, twelve ounces flour, three eggs, one-fourth pound cherries, one-fourth pound raisins, one-fourth pound peel, one teaspoon baking powder, one cup milk. Beat butter and sugar to a cream. Add flour and eggs alternately. Add sultanas, peel, cherries and baking powder last. Bake one and one-half hours in a moderate oven.—Mrs. M. J. Cockburn.

FUDGE CAKE.—One and three-fourths cups flour, one and one-half cups sugar, one-half cup butter, one-half cup sweet milk, two eggs, one teaspoon vanilla, two ounces grated chocolate, one and one-half teaspoons cream of tartar, one teaspoon soda (dissolved). Just before adding the soda, add to ingredients three-fourths cup boiling water. Bake in two layers.—Mrs. Roy Winn.

SPOTTED CAKE.—White part: Whites of four eggs, one cup white sugar, one-half cup butter, one-half cup sweet milk, two teaspoons baking powder, one teaspoon of vanilla or lemon, two and one-half cups sifted flour. Dark part: Yolks of four eggs, one cup of brown sugar, one-half cup cooking molasses or cocoa, one-half cup butter one-half cup sour milk, one teaspoon each cloves, cinnamon, nutmeg and soda. Dissolve soda in a little milk. One and one-half cups of sifted flour.—Mrs. C. A. Ottley.

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CORN STARCH CAKE.—One-half cup butter, one and one-half cups sugar, whites of four eggs, one cup sweet milk, two cups flour, one-half cup cornstarch, one large teaspoon of baking powder and vanilla.—Mrs. D. France.

ROYAL TROPIC BROWN CAKE.—One-half cup shortening, one and one-fourth cups sugar, one cup milk, one-fourth teaspoon salt, one teaspoon nutmeg, two eggs, two and one-half cups flour, four teaspoons baking powder, one teaspoon cinnamon. Cream shortening, add sugar and beaten eggs. Mix well. Add half the flour, baking powder, salt and spices, add milk and the remainder of dry ingredients. Bake two-thirds of batter in two greased layer tins, and to the remaining third add one tablespoon cocoa mixed with one tablespoon boiling water. Use this for middle layer. Bake in hot oven fifteen or twenty minutes. Use any filling and icing.—Mrs. W. J. Butler.

COFFEE CAKE.—Two and one-half cups brown sugar, one cup butter, four eggs, one tablespoon molasses, one cup cold coffee, one teaspoon nutmeg, two and one-half cups flour, two level teaspoons baking soda, one cup chopped raisins. Bake in a moderate oven three-fourths of an hour.—Miss L. M. George.

GOLD CAKE.—Yolks of eight eggs, one and one-half cups sugar, one-half cup butter, one-half cup milk, one teaspoon vanilla, two cups flour, two teaspoons baking powder. Bake in square tin and ice with orange icing.—Mrs. J. A. McKay.

SILVER CAKE.—One-half cup butter, one cup sugar, one-half cup sweet milk, two teaspoons baking powder, two cups flour, whites of three eggs. Add almond extract to taste.—Mrs. P. R. Mallory.

CHOCOLATE NUT CAKE.—Two squares melted chocolate, two cups brown sugar, one-half cup butter, yolks of three eggs. Add one at a time and beat well. Add three-fourths cup sour cream, one level teaspoon soda dissolved in boiling water, one cup chopped nuts, two cups flour. Beat five minutes. Flavor with cassia and vanilla.—Mrs. J. E. Barber.

CHOCOLATE LOAF OR LAYER CAKE.—One large table spoon butter, two cups brown sugar, two cups flour, three eggs, one-half cup sour milk, two ounces bitter chocolate.

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one teaspoon soda, one cup hot water. Cut two ounces bitter chocolate fine, add one teaspoon soda and one cup hot water; set aside to cool. Cream two cups brown sugar, one tablespoon butter, add three eggs beaten light, one-half cup sour milk, flour, then add chocolate mixture and bake.—Lois McLachlan.

COCOA CAKE.—One-half cup butter, one-half cup sugar, two eggs, one cup milk, two teaspoons baking powder, three tablespoons cocoa, two cups flour, one teaspoon vanilla. Cream butter and add sugar and well beaten eggs; add milk and beat. Mix baking powder and cocoa in flour and add, beating well; add vanilla and pinch of salt. Bake in layers in moderate oven. Icing: One and one-half cups powdered sugar, two tablespoons cocoa, one teaspoon melted butter, one-half teaspoon vanilla. Mix to a smooth paste with cold coffee and spread between layers and on top of cake.—Mrs. Fred Lee.

CHOCOLATE CAKE.—One-half cup butter, two cups brown sugar, three eggs, two-thirds cup cocoa, one cup thick sour cream, one level teaspoon soda, two cups flour, one cup walnuts, one cup dates, one teaspoon vanilla. Beat the butter and sugar to a cream, add the beaten eggs, cocoa, then half the flour alternately with the cream, in which the soda has been dissolved; add the nuts and dates mixed with some of the flour; add vanilla and remaining flour. Bake in a moderate oven.—Mrs. K. C. Rappell.

PHILADELPHIA CAKE.—One-half cup sweet milk, one-fourth cup cocoa. Boil this until thick, then cool. One egg well beaten, one-half cup sweet milk, one and one-half cups flour, one teaspoon soda, one teaspoon vanilla. Stir cocoa in last. Bake in slow oven.—Mrs. J. W. Graham.

CHOCOLATE ROLL.—Beat yolks of four eggs until thick, add gradually one-half cup sugar and two tablespoons cocoa. Beat well. Fold in the stiffly beaten whites of four eggs and spread on buttered pan lined with paper. Bake in slow oven for twenty minutes. Turn out on paper sprinkled with sugar. When cold whip one pint cream, sweeten and spread on cake. Roll like jelly roll, and cover roll with either chocolate icing or whipped cream. This is dessert enough for six people.—Mrs. J. B. McAdam.

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PRIZE DEVIL'S FOOD CAKE.—One-half cup butter, two cups light brown sugar, two eggs, two and one-fourth cups SWAN'S DOWN CAKE FLOUR, one-half teaspoon baking powder, one-half teaspoon salt, one-half cup sour milk, one-half cup boiling water, one teaspoon soda, one and one-half square chocolate or one-half cup cocoa, one teaspoon vanilla. Beat the eggs well and add them to the well creamed sugar and butter. Beat again. Sift flour before measuring; then add the baking powder and sift three times and add to the above. At the last put the soda into the boiling water and chocolate and beat into the batter.—Mrs. P. O. Anderson.

DEVIL'S FOOD.—One and one-half cups sugar, one-half cup butter, two eggs, one cup sweet milk, two tablespoons boiling water, one-half cup cocoa, two and one-fourth cups flour, two teaspoons baking powder, one-fourth teaspoon salt, one teaspoon vanilla. Cream butter, sugar, salt and vanilla together. Add the eggs and beat together. Add the cocoa melted with the hot water. Mix well and add the milk. Beat again. Add the flour and baking powder. Bake either as a layer or a loaf cake.—Mrs. Fred Hames.

WALNUT MOCHA.—One-half cup butter, one cup sugar, one-half cup cold coffee, one and three-fourths cups flour, two and one-half teaspoons baking powder, whites of three eggs, one cup broken walnuts. Bake in deep pan. Cover with white mountain frosting and walnuts.—Mrs. G. F. Burgess.

CHOCOLATE CAKE WITH CREAM FILLING.—One-half cup sugar, two cups brown sugar, two cups flour, three eggs (save white of one for icing), one cup milk, two teaspoons baking powder, one small cup (ground) chocolate dissolved in one-half cup milk. Let cool. Cream butter and sugar. Add beaten yolks, add prepared chocolate slowly, beating all the time. Add milk and sifted flour with baking powder. Fold in well-beaten egg whites. Bake in three layers. Filling: One cup brown sugar, one dessert-spoon corn starch, rounding, one whole egg beaten well, one cup milk, one cup nuts, vanilla.—Mrs. C. A. Goodall.

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WALNUT CAKE.—One-half cup butter (scant), one cup sugar, one cup buttermilk, one teaspoon soda, two teaspoons cream tartar, pinch of salt, two eggs, one cup walnuts broken fine, one and one-half heaping cups flour.—Mrs. D. M. Murdock.

WHITE FRUIT CAKE.—One pound butter, one pound fruit sugar, twelve eggs, one pound sultana raisins, one pound seedless raisins, one-fourth pound cherries, one-fourth pound almonds, one teaspoon vanilla, one teaspoon orange juice, one and one-fourth pounds flour (five cups). Cream butter and sugar well, then put in an egg and beat, then one tablespoon flour and beat, another egg and flour until all the eggs are in. Flour fruit and mix in. Be sure to cream your material well. Mix with your hands. Bake in a slow oven.—Mrs. E. S. Bearman.

CHRISTMAS CAKE.—One pound brown sugar, one pound butter, ten eggs beaten separately, two teaspoons baking powder, two pounds raisins, two pounds currants, one pound mixed peel, one-fourth pound blanched almonds, two tablespoons lemon, vanilla, almonds and rosewater extracts, four cups flour. Bake in slow oven three hours.—Mrs. A. E. MacKinnon.

FRUIT CAKE.—One-half pound butter, one pound sugar, six eggs, one pound of raisins, one pound currants, one pound dates, one-half pound figs, a little mixed peel, one-half pound flour, nuts, one-half teaspoon cinnamon, one teaspoon nutmeg, allspice and soda.—Mrs. M. Moyer.

ENGLISH POUND CAKE.—One pound butter, one pound sugar, one pound flour, twelve eggs, one pound mixed fruit (three-fourths pound sultanas, one-fourth pound mixed peel), one-fourth pound blanched almonds. Beat sugar and butter to a cream, add six eggs, one at a time, and beat well. Add the yolks of other six eggs and beat ten minutes. Then add flour and fruit (rub fruit with a little flour), add the juice of one lemon and one-half teaspoon of vanilla. Beat the whites of the six eggs and add. Bake two and one-half to three hours in a slow oven. Two plys of buttered paper in bottom of tin.—Mrs. J. M. Hume.

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GINGER FRUIT CAKE.—Two eggs, one small cup lard and butter, one large cup brown sugar, one large cup sour milk, one-half cup molasses, pinch of salt, one teaspoon softa (large), two teaspoons ginger, one teaspoon cinnamon, two and one-fourth cups flour, one cup raisins or dates. Icing: One cup brown sugar, one-sixth cup water. Boil until it forms soft lump in water. Add to well beaten white of egg. Beat until it thickens.—Mrs. H. B. Johnson.

GRANDMA'S CAKE.—Two cups of medium brown sugar, one-half cup melted butter, beaten well with two eggs. When thoroughly beaten add a small cup of sour milk, one teaspoon of baking soda, three cups sifted flour, one teaspoon baking powder, one teaspoon vanilla. Bake well in a moderate oven, either in layers or in loaf.—Agnes Carlson.

CHOCOLATE CAKE.—One-half cup chocolate or cocoa, one-half cup sour milk. Cook slowly until smooth. While cooling, add one-half cup shortening (butter or lard). Beat two eggs, add one cup sugar, one-half cup sweet milk and add to cocoa mixture when cool. Add one teaspoon soda dissolved in one tablespoon hot water, one and one-half cups flour, one teaspoon baking powder and vanilla. Makes a two layer or one large cake.—Mrs. J. B. Smith.

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PRUNE ORIENTAL CREAM.—One-half envelope KNOX SPARKLING GELATINE, one-quarter cup cold water, one-quarter cup scalded milk, one-half cup sugar, whites of two eggs, one-half pint heavy cream, one-third cup milk, one-third cup cooked prunes cut in pieces, one-third cup chopped figs. Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs beaten until stiff, heavy cream diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla), forced through a pastry bag and tube, and chopped pistachio nuts.

LUNCHEON SALAD.—One envelope KNOX SPARKLING GELATINE, one cup cold water, one and one-half cups boiling water, one-half cup lemon juice, one-half cup sugar, three tart apples, one cup celery cut in small pieces, one-half cup pecan nut meats. Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen add apples sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

FRENCH DAINTIES (CANDY).—Four level tablespoons KNOX ACIDULATED GELATINE, four cups granulated sugar, one and one-half cups boiling water, one cup cold water. Soak gelatine in the cold water ten minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add one-half teaspoonful of the Lemon Flavoring found in separate envelope and two teaspoonsful lemon extract. To the other part add one-quarter teaspoonful Lemon Flavoring and one teaspoonful extract of cinnamon, cloves, or whatever flavoring preferred. If peppermint is desired use one-half teaspoonful only. Any coloring desired may be added. Pour into bread tins which have been dipped in cold water, to the depth of three-fourths inch, and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.

PERFECTION SALAD.—One envelope KNOX SPARKLING GELATINE, one-half cup cold water, one-half cup mild vinegar, two tablespoons lemon juice, two cups boiling water, one-half cup sugar, one teaspoonful salt, one cup cabbage finely shredded, two cups celery cut in small pieces; two pimentoes cut in small pieces, or one-quarter cup sweet red or green peppers. Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into moulds lined with canned pimentoes. A delicious accompaniment to cold sliced chicken or veal.

CHOCOLATE PLUM PUDDING.—One envelope KNOX SPARKLING GELATINE, one cup cold water, one pint milk, one cup sugar, one and one-half squares chocolate, one-half teaspoonful vanilla, one cup seeded raisins, three-quarters cup dates, one-half cup nuts, one-half cup currants, three egg whites, salt. Soften gelatine in cold water. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot, add melted chocolate, sugar, salt and soaked gelatine. Remove from fire; when mixture begins to thicken, add vanilla, fruit and nut meats chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish, and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

ORANGE CHARLOTTE.—One-half envelope KNOX SPARKLING GELATINE, one-quarter cup cold water, one-half cup boiling water, one cup sugar, two tablespoonsful lemon juice, one cup orange juice and pulp, whites of three eggs, lady fingers. Soak gelatine in cold water five minutes and dissolve in boiling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen beat, using a wire whisk, until light; then add whites of eggs beaten until stiff, and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of whites of eggs.

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PIES

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And the pies we serve there is no beating.

PIE CRUST FOR ONE PIE.—One large cup flour, one-half cup shortening, lard and butter mixed, rubbed through hands into the flour, a little salt, wet with ice cold water, three or four tablespoons. Make dough so it can be handled.

FLAKY PIE PASTE.—Twelve cups of flour unsifted, four cups of lard, four teaspoons of salt. Sift flour and salt, put in shortening. Set away in cool place to keep well. Use two cups of above mixture and five tablespoons of cold water to make a large two crust pie, or one and one-half cups of mixture to four tablespoons of cold water for a small pie.—Mrs. Robert Burns.

LEMON SPONGE PIE.—Two tablespoons flour, three-fourths cup white sugar, juice and rind of one lemon, yolks of two eggs, one and one-half cups sweet milk. Whites of eggs beaten and added last. Bake in crust.—Mrs. B. Thomson.

MINCE MEAT.—Two pounds of currants, two pounds of raisins or other fruit, five pounds of mixed peel, one lemon, rind and all, two cups of suet, one dessertspoon of nutmeg, one dessertspoon of cassia, two carrots, fourteen apples. Measure the quantity and to every two ounces of this add one cup of sugar. Put in air-tight sealers. No cooking. Put it all through the mincer.—Mrs. E. Campbell.

MINCE MEAT.—Three cups chopped meat, eight cups chopped apples, two cups raisins, one cup currants, three cups sugar, two cups vinegar, two cups hot water, two cups boiled cider, one teaspoon each of cinnamon, cloves and nutmeg, one cup molasses, one-half pound citron, one glass jelly.—Mrs. C. H. Webster.

MINCE MEAT.—One pound of currants, one pound of raisins, one pound of brown sugar, one pound of apples, one pound of suet, six ounces of mixed peel, one-half of a small nutmeg, one-half teaspoon of cinnamon. Put through coarse chopper.—Mrs. W. Peters.

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LEMON PIE.—Pie shell. Two-thirds cup of flour, one rounded tablespoon of crisco, one-fourth teaspoon of salt, water enough to make dough.

FILLING: The grated rind and juice of one lemon, one heaping tablespoon corn starch, one cup of sugar, one teaspoon butter, the well beaten yolks of two eggs, one cup and a little over of boiling water. Mix well and cook thoroughly. Use whites for meringue.—Mrs. S. J. Maxwell.

LEMON SPONGE PIE.—Grated rind and juice of one lemon, one cup of sugar, two tablespoons of flour. Mix together two yolks of eggs, two tablespoons of melted butter, one cup of milk. Beat the whites of the eggs stiff and add last. Pour this in pie crust and bake.—Mrs. G. F. Nicholson.

ALHAMBRA LEMON PIE.—Juice and rind of one lemon, one tablespoon of butter, one-half cup sugar, three tablespoons water, three egg yolks. Cook all ingredients in double boiler, set aside to cool. Beat whites of three eggs until very stiff, add one-half cup sugar gradually, beat until light and dry. Then add the cold mixture—fold in very lightly. Put in baked pie shell and brown slightly. Serve cold.—Mrs. J. B. McAdam.

LEMON PIE.—Mix one and one-fourth cups of sugar thoroughly with one-third cup flour and a little salt. Grate the rind of one lemon and mix with the juice of the lemon, add the sugar. Beat three egg yolks well, stir in a scant cup of water and blend carefully with the sugar and lemon mixture. Cook in double boiler until thick. Add one tablespoon of butter and pour into a baked pie shell. Make a meringue of the three egg whites and one-half cup of powdered sugar. Heap into pie in large spoonful and put in oven and brown slowly.—Mrs. Geo. Curliss.

CARROT PIE.—Three eggs, one cup of sugar, one and one-half cups of cooked and mashed carrots, one cup milk, one cup cream, one-half teaspoon ginger, one teaspoon cinnamon, one-half teaspoon salt. Bake like custard pie.—Mrs. S. M. Moyer.

MOCK CHERRY PIE.—One half cup chopped raisins, one cup cranberries, one cup of sugar, one-half cup boiling water, one tablespoon of flour. Cook raisins, cranberries,

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sugar and boiling water together ten minutes. Add flour when putting in pie crust.—Mrs. J. Easton.

ORANGE PIE.—One cup sugar, one-third cup of flour, one-fourth teaspoon salt, grated rind of one orange, one cup orange juice, and the juice of one-half lemon, two tablespoons of butter, three egg yolks. Mix sugar, flour, salt and grated rind, add fruit juice, and cook in double boiler ten minutes. Stir until thick, add butter and egg yolks beaten light. Cook two minutes and cool. Put in baked crust and cover with meringue and brown.—Mrs. Robert Burns.

BANANA FILLING FOR PIE.—One egg, one cup milk, one tablespoon corn starch, one-half cup sugar. Boil to custard. Flavor with vanilla and lemon. Take off stove and slice three bananas into custard, stir and put in a baked crust. Frost with meringue or whipped cream.—Mrs. J. L. McCullough.

OSGOOD PIE.—Yolk of three eggs, one cup stoned raisins, three tablespoons vinegar, one tablespoon butter, one cup sugar, one teaspoon mixed spices, one tablespoon flour, one cup hot water. Cook in double boiler. Bake crust and add mixture. Cover with meringue.—Mrs. G. Vail

COCOANUT PIE.—Three tablespoons sugar, yolk of three eggs, one tablespoon cornstarch, two small cups rich milk, butter size of walnut. Cook together, add one-half cup cocoanut, stir and then fill a baked crust. Beat the whites with one-fourth cup sugar, spread on pie, and sprinkle with cocoanut. Sit in oven and brown.—Mrs. J. P. Frostad.

PINEAPPLE PIE.—One can shredded pineapple, four tablespoons flour, yolks of four eggs, one and one-half cups sugar, one and one-half cups water, one tablespoon butter. Cook until thick. Cover pie with meringue and brown.—Mrs. J. E. Barber.

PINEAPPLE PIE.—(Two pies). Bring to boiling point one and one-half cups rich milk, mix one-half cup of sugar, two tablespoons cornstarch, pinch of salt. Add to hot milk. Cook in double boiler until thick. Then add two egg yolks well beaten and cook about three minutes. Let cool and add one cup grated pineapple well drained, one teaspoon vanilla.

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Pour in baked shell. Cover with meringue. Brown quickly in a hot oven.—Mrs. J. Kerchner.

CREAM PIE FILLING.—Beat yolks of two eggs with one-half cup granulated sugar. Mix one heaping tablespoon corn starch and one level tablespoon flour with little milk, then mix together. Stir into one pint boiling milk. Cook about three minutes. Cool, then add vanilla to taste. Have crust and filling cold. Cover pie with meringue.—Mrs. Wm. Patterson.

CARAMEL PIE.—One cup brown sugar, three eggs, one cup milk, one tablespoon cornstarch, butter the size of an egg. Put the brown sugar on the stove and brown, not burn. Then add the milk; when boiling add butter. Mix cornstarch and yolks of eggs with a little milk so it will pour easy. Then put in it the boiling milk and let cook until thick. Pour into baked pie shells. Cover with meringue and put in oven and brown.—Mrs. M. S. Parks.

MAPLE SYRUP PIE.—One teaspoon butter, two egg yolks, one-half teaspoon salt, one cup maple syrup, one cup water, two tablespoons cornstarch. Boil till thick, put in baked shell, with meringue of two egg whites and sugar and brown in oven.—Mrs. Carter.

RAISIN FILLING FOR PIE.—Two egg yolks, one-half cup white sugar or less, one cup seeded raisins, small one-half teaspoon of ground cloves, one cup sour milk and one-half teaspoon soda. Put in shell and bake. Cover with meringue.—Mrs. McCullough.

TWO CRUST RAISIN PIE.—One cup raisins chopped fine, three eggs well beaten, one cup sugar, two tablespoons of butter, two cups milk, nutmeg to taste. Enough for two pies. Bake in two crusts.—Mrs. R. H. Lowes.

RAISIN PIE.—One lemon, grated rind and juice, one cup sugar, two tablespoons flour, two tablespoons melted butter, one cup cold water, one cup raisins. Bake with two crusts.—Mrs. R. B. Carter.

ONE DATE PIE.—One-half package dates, two eggs, one teaspoon cassia, one-half teaspoon salt, one tablespoon of cooking molasses, one tablespoon butter. Stone and cut the dates in small pieces, put to soak in hot water to cover.

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Beat eggs, add other ingredients and enough milk to fill unbaked pie crust. Serve with whipped cream or plain.—Mrs. B. Morris.

DATE PIE.—One package dates, stew with water until like paste. Then add to dates while hot two beaten egg yolks, one-half cup sugar, one-half pint milk. Boil a few minutes. When cool pour in a baked pie crust and cover with meringue and brown.—Mrs. A. J. Wyman.

BUTTERMILK PIE.—Two cups buttermilk, one cup raisins, one and one-half cups sugar. Put in saucepan and put on stove. Beat one egg, add one tablespoon cornstarch and a half cup buttermilk; mix and add this to the buttermilk on stove. Flavor with nutmeg and cinnamon. This makes two pies.—Mrs. J. Brown.

HONEYMOON SPECIAL PIE.—Yolks of three eggs, juice of one lemon, one-half cup sugar. Cook in double boiler until like a custard and let cool. Three egg whites beaten stiff, one-half cup sugar; beat until light and smooth. Fold this into the cooked yolks. Pour into baked crusts. Brown quickly in hot cream.—Mrs. G. Nelson.

SOUR CREAM PIE.—One cup sour cream, two egg yolks, one-fourth cup sugar, nutmeg to taste, one-half cup raisins, two tablespoons cornstarch, pinch of salt. Cook in double boiler until mixture thickens, then pour in baked crust. Cover with meringue, and brown in oven.—Mrs. W. M. Sisson.

RHUBARB CUSTARD PIE.—One and one-fourth cups granulated sugar, one egg, one tablespoon flour mixed in a little water, two cups cooked rhubarb. Mix until smooth. Cover with meringue or lay strips of pie paste over top.—Mrs. McCullough.

PUMPKIN PIE.—Two eggs, one-half cup sugar, one cup stewed pumpkin, one-fourth teaspoon ginger, one-fourth teaspoon allspice, one-fourth teaspoon cloves, one and one-half cups milk. Beat the eggs, add the sugar, then the pumpkin and spice. Beat thoroughly, add milk and bake.—Mrs. C. A. Halverson.

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MOLASSES PIE.—Line three pie tins with good rich pie crust. Into a bowl put one cup molasses, one cup water, one teaspoon vanilla or orange extract. Mix thoroughly and divide equally. Pour one-third into each crust. Put three cups sifted flour into the sifter, one teaspoon cinnamon, one teaspoon soda, one cup sugar. Sift all into a dish and add a cup of butter, or other shortening, add a little salt. Rub and blend with hands until well mixed. Put one-third into each pie. Then bake. These are very delicious.—Mrs. R. MacRae.

BOSTON CREAM PIE.—One-half cup sugar, one teaspoon butter, one egg, one-half cup milk, one cup flour, two teaspoons baking powder. Cream together with sugar and butter, and egg well beaten; add milk, flour with baking powder. Heat well and bake. Cream filling: One quart milk, four eggs, one cup sugar, four tablespoons corn starch. Mix milk and eggs together in double boiler. When this is warm add one cup sugar and four tablespoons corn starch. Cook until thick. When cooked add three tablespoons vanilla and spread on cake. When ready for use cover pie with one inch of whipped cream.—Mrs. W. Bright.

BUTTER SCOTCH PIE.—Four tablespoons corn starch cooked in two cups milk. Cook together, add to above two tablespoons eriso, one cup brown sugar. Stir in two beaten egg yolks. Put in baked shells. Cover with meringue made of the whites, and brown in oven.—Mrs. W. C. Davidson.

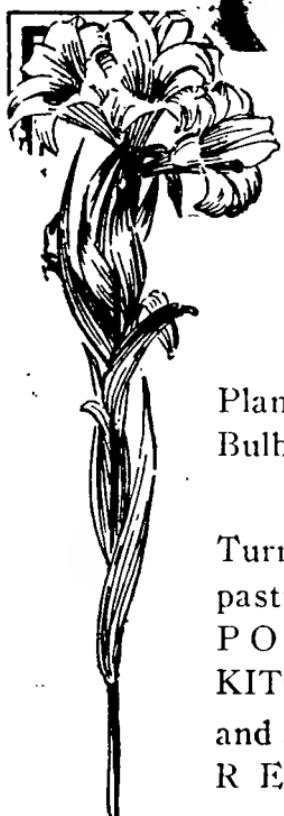
BUTTER SCOTCH PIE WITH DATES.—One cup brown sugar, two tablespoons flour, one tablespoon butter, two egg yolks, one teaspoon vanilla, one and one-half cups water, one-half cup chopped dates. Put in baked shell. Serve with whipped cream.—Mrs. L. Anderson.

FILLING FOR CURRANT TARTS.—One egg, three-fourths cup brown sugar, one cup currants or cocoanut, four tablespoons sweet milk, one-half teaspoon vanilla. Line tart dishes with pastry, fill with mixture and bake in a moderate oven. This makes one dozen tarts.

LEMON CURD FILLING FOR TARTS.—One-half pound of white sugar, the grated rind and juice of two lemons, two ounces butter, one-half ounce flour, or a few cake

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crumbs, two eggs. All material should be placed in a double boiler. Add eggs and flour last. This makes a nice filling for open tarts.—Mrs. F. O. Brault.

MAPLE SYRUP FILLING FOR TARTS.—One cup maple syrup, one egg. Beat until light and cook in tarts.—Mrs. G. A. Curliss.

FILLING FOR TARTS.—One cup golden syrup, one-half cup brown sugar, two eggs, one dessertspoon butter, nutmeg to taste, one tablespoon vinegar. Mix all together and warm slightly before putting in tart shells.—Mrs. L. Harvey.

CHEESE CAKE FILLING FOR TARTS.—One-fourth cup sugar, one-half teaspoon lemon flavoring, one-fourth cup rice flour or one-half cup currants, one-fourth cup butter, two eggs, one teaspoon baking powder. Cream sugar and butter, add flour and eggs and baking powder. Drop into gem pans that have been lined with a rich pie crust.—Mrs. L. Harvey.

BUTTER TARTS.—Two eggs, one cup brown sugar, one-half cup butter, two-thirds cup seedless raisins, one teaspoon vanilla. Pour mixture in tart cases and bake in moderate oven.—Mrs. C. Vail.

COCOANUT TART FILLING.—One-half cup cocoanut, one-half cup corn syrup, one-fourth cup sugar, one egg. Beat thoroughly together. Fills twelve small shells.—Mrs. A. J. Wyman.

APPLE TARTS.—Line patty tins with good crust. Put in each chopped apples and add a little sugar. Bake in a moderate oven. Let cool. Serve with whipped cream with a drop of currant jelly on each.—Mrs. John Law.

ECCLES CAKES.—One-half pound short crust or puff paste, six ounces currants, one-half teaspoon mixed spices, three ounces sugar, one-half ounce butter. Divide the paste into twelve pieces. Roll out and cut into rounds of even size. Mix currants, sugar and spice together. Put a dessertspoonful on each round of paste, a tiny bit of butter

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and a few drops of water; moisten the edges, draw together over top, flatten a little with the hand. Turn over and roll very slightly. Then place them in a baking tin and brush over with a beaten egg. Make three or four incisions over the top and bake about twenty-five minutes.—Mrs. Harry Fenn.

CHEESE CAKE.—One cup sugar, three-fourths cup butter; cream together. Three eggs well beaten (add one at a time, beating well each time), add two cups cottage cheese (grated), one tablespoon corn starch, grated rind of one lemon. Beat all thoroughly together and bake in a shallow tin lined with pie crust from thirty to forty minutes, or in individual patty tins for twelve to fifteen minutes.—Mrs. A. J. Wyman.

CHEESE CAKES.—(Pastry). Three ounces flour, two ounces butter, one-fourth teaspoon baking powder, pinch of salt, cold water to mix. Filling: One egg, two ounces butter, flour and sugar, one-fourth teaspoon baking powder, a little jam. Method: Roll out pastry once and cut in rounds. Place each round in a patty tin. Put in one-half teaspoon jam, then a little of filling into each tin. Beat butter and sugar to a cream, sandwich in egg and flour, add baking powder with last spoonful of flour. Add a little milk if necessary. Bake in a quick oven for twenty minutes.—Mrs. J. Cockburn.

LEFT OVER PIE CRUST.—Roll left over pie crust thin, butter half, spread with brown sugar and sprinkle with cassia, fold over and cut, and bake as tarts.

CHALLENGE LEMON PIE.—Beat yolks of three eggs very lightly. To this add juice of one lemon and grated rind of two lemons, three tablespoons hot water, one-half cup sugar and a large pinch of salt. Cook in a double boiler until thick. Have whites of eggs stiffly beaten, add one-half cup sugar to them and fold into the cooked mixture. Fill pie shell and place in oven to brown.—Mrs. Henry Slager.

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**COOKIES, SMALL CAKES
AND DOUGHNUTS**

"O weary mothers, mixing dough
Don't you wish that food would grow?
Your lips would smile, I know, to see
A cookie bush or doughnut tree."

WHITE COOKIES.—One cup sugar, two eggs, one-half cup butter, three tablespoons sweet milk, two cups flour, two teaspoons baking powder, flavoring. Cream the butter and sugar together, add the well beaten eggs, then the milk gradually, and flavor to taste. Sift flour and baking powder together and add gradually to the above until the dough can be handled. This may require slightly more or less than the two cups of flour. Roll out thin, cut with a cookie cutter and bake in a quick oven.—Mrs. Haste.

WHITE COOKIES.—Two cups sugar, two eggs, one cup butter, one cup sour cream, one teaspoon of soda, two teaspoons vanilla, two cups oatmeal. Add enough flour to roll out. Bake quick in hot oven.—Mrs. A. L. Kanten.

SUGAR COOKIES.—Two cups sugar, two cups butter, two eggs, one-half cup sweet milk, one teaspoon soda, two teaspoons cream of tartar, nutmeg or vanilla to flavor, and flour enough so that the dough will not stick to board. Cut with cookie cutter.—Mrs. C. M. W. Emery.

FILLED WHITE COOKIES.—Two eggs, one cup sugar, one-half cup shortening, one-half cup sweet milk, two and one-half cups flour, two teaspoons baking powder, one teaspoon vanilla. Filling: One cup raisins and figs (mostly raisins), one cup sugar, one cup water. When boiling add a heaping teaspoon cornstarch dissolved in cold water. Let boil until thick. Roll cookies very thin, place in pan, put teaspoon filling in centre of each, place another cookie on top and press around with the fingers.—Mrs. Patterson.

SUGAR COOKIES.—One and one-half cups sugar, one cup butter, one cup sweet milk, two eggs, small half teaspoon soda, one teaspoon baking powder. Mix sugar and butter to a cream, add eggs, beat well, mix soda in a little milk, add baking powder in flour enough to make a soft dough. For good results mix dough as little as possible.—Mrs. A. Muters.

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ICE BOX COOKIES.—One pound butter or two cups, one cup white sugar, one cup brown sugar, two eggs, one teaspoon salt, one small teaspoon soda, three tablespoons hot water, one teaspoon cinnamon, five cups flour, one-half pound almonds cut. Mix in a roll, put in a cool place over night. Cut in thin slices and bake.—Mrs. Reimers.

TEA COOKIES.—One cup butter, one cup sugar, three eggs, three and one-half cups flour, two teaspoons baking powder, a little nutmeg and vanilla flavoring. Bake in hot oven.—Mrs. W. C. Gray.

MOTHER'S TEA CAKE.—One-half cup crisco, one cup sugar, one-half cup milk, two eggs, salt, one and one-half cups flour, one teaspoon baking powder, vanilla. Cream crisco, salt and sugar together, add eggs well beaten, milk, flour and baking powder sifted together. Beat well. Bake in shallow pan. Cut in squares and serve warm. Cover with any desired icing—chocolate is very good.—Mrs. Otto Hoffas.

FRUIT COOKIES, RICH.—One cup butter, one cup brown sugar, three eggs, one cup chopped walnuts, one-half cup raisins, one-half cup currants, one teaspoonful nutmeg, two cups flour, one-half teaspoon soda. Cream butter and sugar, add beaten eggs, flour, fruit and nuts; add soda last dissolved in one tablespoon water (hot). Drop from teaspoon in tiny cakes. Cook in moderate oven.—Mrs. J. F. Butcher.

FRUIT COOKIES.—Seed and chop finely one cup raisins. Flour these and set them aside. Beat together one and one-half cups of brown sugar and one cup shortening, butter and lard mixed. When creamy add one beaten egg and four tablespoons of sweet milk, one teaspoon soda, enough flour to make a stiff batter. Add floured raisins with nutmeg grated, cinnamon and ground cloves to taste. Add enough flour to make a stiff dough; roll rather thin, and bake in a quick oven.—Mrs. Garfat.

DATE KISSES.—Two egg whites, one cup powdered sugar, one tablespoon cocoa, one-eighth teaspoon salt, one cup chopped nutmeats, one cupful of finely cut stoned dates. Beat the egg whites until they are very stiff, fold

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in the rest of ingredients and mix well. Drop from tea-spoon on to greased baking dish. Bake about half an hour, or until they are very dry.—Mrs. Drewry.

DATE TRILBIES.—Three cups rolled oats, two cups flour, one good cup shortening, one cup brown sugar, one-half cup to one of sour milk, one teaspoon soda, one tea-spoon salt. Filling: One pound dates, one cup sugar, one cup boiling water. Boil until thick. Divide dough in half, roll to one-fourth inch thick, spread half with filling, fold other half over. Cut as desired.—Mrs. S. Winfield.

DATE COOKIES.—One cup of butter, one cup of brown sugar, two and one-half cups oatmeal, one-half cup warm water, two and one-half cups flour, one teaspoon of baking powder. Mix all together. Roll thin and cut with cookie cutter. Filling: One pound of dates, one-half cup sugar, one cup water. Cook well and put between cookies and bake until brown.—Mrs. V. W. Crane.

WHITE COOKIES.—One cup white sugar, two eggs, one cup shortening, one-half cup sweet milk, one-half tea-spoon soda, one teaspoon baking powder, flavoring, flour to stiffen.—Mrs. M. Moyer.

BUTTER SCOTCH COOKIES.—Two cups brown sugar, one cup butter, two eggs, one teaspoon soda, one-half tea-spoon salt, one cup chopped walnuts, one teaspoon vanilla, three and one-half cups flour. Cream butter and sugar, add eggs well beaten, add salt and vanilla and walnuts, soda sifted with flour. Mix well and make into a roll, and let stand over night. In the morning cut off in thin slices and bake in quick oven.—Mrs. E. L. Patterson.

CLIFFORD COOKIES.—One cup white sugar, one cup brown sugar, one cup butter, two eggs, three cups flour sifted lightly with one teaspoon soda, one teaspoon vanilla, one cup walnuts. Cream butter and sugar, add eggs, beat well, then flour well sifted and vanilla and nuts. Pack in an oblong bread pan. Leave over night. Turn on board without rolling and slice thin.—Mrs. J. F. Smith.

FROSTED CREAMS.—One cup molasses, one cup sugar, one cup syrup, one cup lard, one cup hot water,

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three small teaspoons soda, two yolks and one whole egg, one teaspoon cinnamon, allspice, nutmeg, ginger and cloves, flour to roll soft dough. Ice with icing sugar.—Mrs. Borgen

FRUIT BARS.—Five eggs (separated), one cup white sugar, one cup flour, one teaspoon baking powder, one pound dates, one and one-half cups walnuts. Beat yolks until light, add sugar. Sift flour, measure, add baking powder and sift again. Add dates and nuts finely chopped to flour and rub well through flour. Add to egg and sugar mixture. Fold in stiffly beaten whites, spread very thin in shallow cookie pans, and bake in slow oven until tooth pick inserted comes out clean. Put paper in bottom of pan; turn out while hot. Cut in bars at once one inch by three inches. Roll in sugar.—Mrs. J. B. McAdam.

NOTHINGS.—Four well beaten eggs, six tablespoons sugar, three tablespoons thick sweet cream, pinch of salt, nutmeg, one-half teaspoon vanilla, flour to roll. Beat eggs and sugar first, adding other ingredients; roll out in thin sheet, cut in strips, cut slit in each end and one across middle; twist the ends through middle slit. Fry in hot lard as for doughnuts.—Mrs. R. Burns.

WONDERS.—Three eggs, one-half teaspoon salt, three tablespoons sugar, three tablespoons melted crisco, flour. Beat eggs very light, add sugar, salt and melted crisco, then add enough flour to make hard enough to roll; roll out very thin, cut in squares, make three slits in each square up to one-half inch off the edge, then drop in very hot crisco. Fry until brown. Drain on paper; dust with powder sugar.—Mrs. Otto Hoffas.

BROWNIES.—One-half cup butter, one cup sugar; cream well; add one tablespoon cocoa, one teaspoon vanilla, one cup chopped walnuts, one cup flour. Mix well, then add well beaten eggs. Spread in pan and bake in slow oven. While still warm cut in squares.—Lila McAdam.

BROWNIES.—One cup brown sugar, one teaspoon vanilla, one egg, one cup chopped nuts, one-fourth cup melted butter, one-half cup flour, two tablespoons cocoa.

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Mix and spread with knife in small pan. Bake in very moderate oven twenty minutes. Turn out of pans as soon as taken from oven, and cut in strips about one by four inches. Roll in powdered sugar.—Mrs. M. A. Richards.

GINGER CREAMS.—One cup sugar, one cup molasses, one cup shortening, small cup water (hot), one teaspoon soda, one teaspoon each ginger, cloves, cinnamon, one-half teaspoon salt, flour enough to make a stiff dough. Let stand in cool place all night. In the morning cut out and bake like cookies. Put on a white icing.—Mrs. J. K. Kerchner.

GINGER CREAM COOKIES.—One cup brown sugar, one cup butter, one cup sour cream, one cup molasses. Boil for a few minutes. Remove from fire and let cool. Then add one tablespoon soda, one tablespoon ginger, and cassia, pinch of salt, three eggs (saving two whites for icing), flour enough to roll. Roll out on the bottom of large bake pans, baking them on the tin. Slide off when done. Ice with two cups sugar, one-half cup boiling water. Boil until threads, pour over whites, and beat until ready to spread. When cold cut the cookies in squares.—Mrs. W. Patterson.

GINGER SNAPS.—One cup molasses, one cup sugar, one cup shortening, one teaspoon soda, one and one-half teaspoons ginger, one teaspoon salt, one-half cup boiling water, flour to stiffen; do not roll. Pinch off small pieces and roll with hands. Place about one inch apart in pans and bake in moderate oven. It's better to leave dough standing until perfectly cool; it can then be handled with less flour. Can be made the night before.—Mrs. S. M. Moyer

GINGER SNAPS.—One cup sugar, one cup molasses, one cup lard and butter, one-third cup boiling water, one dessertspoon of soda, one egg, one teaspoon ginger, one teaspoon cinnamon. Mix sugar, molasses, butter, lard, ginger and cinnamon. Dissolve soda in boiling water and add to mixture, and add enough flour to make stiff enough to roll out, and bake in moderate oven fifteen minutes.—Mrs. H. Maize.

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GINGER CAKES.—One-half cup butter or margarine, one cup sugar, two eggs, one-half cup milk, one-fourth teaspoon salt, one and one-half cups SWAN'S DOWN CAKE FLOUR, two teaspoons baking powder, one teaspoon ginger. Cream the butter and sugar, adding next the yolks of eggs beaten; sift dry ingredients and add them to the first mixture, alternating with the milk; fold in the egg whites beaten stiff. Fill tiny greased muffin pans half full. Bake about twenty minutes. Ice tops with plain vanilla icing.—Mrs. Dredwyer.

DATE STICKS.—One package dates, one cup nut meats, three eggs, one cup sugar, one cup flour, one teaspoon vanilla, one teaspoon baking powder, one tablespoon milk. Bake in a quick oven. Cut in oblong pieces and roll in icing sugar.—Mrs. P. O. Anderson.

OATMEAL COOKIES.—One cup oatmeal rubbed together until oatmeal is fine, one cup sugar, two cups flour, one cup butter, one teaspoon vanilla or a little cinnamon, one-half cup sour milk, one teaspoon soda. Filling: One package dates stoned, one cup sugar. Put on stove and let boil thick. Bake cookies and put filling between while warm.—Mrs. R. M. Corneil.

OATMEAL COOKIES.—Three cups rolled oats, one scant teaspoon baking soda, two cups white flour, one teaspoon cinnamon, one cup light brown sugar, one egg, one teaspoon vanilla, one-third cup sweet milk, one-half teaspoon salt, three-fourths cup butter. Rub flour and oatmeal together, add sugar, cinnamon, salt and creamed butter; mix well; add beaten egg, vanilla, milk and soda which has been dissolved in one tablespoon hot water. Put in a cool place to chill: they can be left over night. Roll thin; bake in a hot oven.—Mrs. W. C. Davidson.

OATMEAL COOKIES.—One cup white sugar, two cups rolled oats, two cups flour, one teaspoon soda, one-fourth teaspoon salt. Work these together, then add one cup shortening, one beaten egg, one-half cup sour milk.—Mrs. H. W. Davidson.

OATMEAL MACAROONS.—One tablespoon ^{1 piece 1/4 cup} butter, one cup white sugar, two eggs, one-half teaspoon salt, two

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tsps. (tablespoons) baking powder, one teaspoon vanilla, two cups rolled oats. Rub butter, sugar, rolled oats, salt and baking powder, then drop in eggs, add vanilla, drop in greased pans size of walnuts, and bake from ten to fifteen minutes.—Mrs. H. A. Sinclair.

MACAROONS.—Beat the whites of three eggs until stiff, add one cup granulated sugar sifted. Place in double boiler and cook for twenty minutes, stirring constantly. Take from stove and mix with powdered soda biscuit, and add two small cups cocoanut. Put on buttered paper and brown in slow oven. Let stand on paper before removing.—Mrs. M. A. Richards.

COCOA MACAROONS.—Four cups powdered sugar, two tablespoons cocoa, one-fourth teaspoon of salt, three egg whites unheaten. Sift the sugar, salt and cocoa together, and work mixture into the egg whites until a smooth stiff paste is formed. Sprinkle the pastry board with powdered sugar and roll or pat the paste to a thickness of a quarter of an inch. Cut in tiny rounds and lay in baking pan which has been sprinkled with a mixture of flour and powdered sugar. Bake in an oven heated to 425 deg. F. for ten minutes. Remove from pan.—Mrs. Drewry.

JUELS MACAROONS.—One cup brown sugar, one tablespoon butter, two eggs, two and one-half cups Quaker oats, two teaspoons baking powder, one teaspoon vanilla, one tablespoon flour. Add beaten whites of eggs last. (Forty-five cookies).—Juel Anderson.

WALNUT MACAROONS.—Beat whites of three eggs until they make dry foam, adding as much cream of tartar as will lie on a ten-cent piece, add by degrees one cup sugar, one teaspoon flour, and two cups finely chopped walnuts. Beat until well mixed and drop by spoonful on buttered paper and bake for seven minutes in quick oven. A bit of citron or candied cherry stuck in top of each before baking will decorate prettily.—Mrs. J. J. Ashby.

COCOANUT MACAROONS.—Three eggs (whites only), one cup sugar, three cups cocoanut, one heaping tablespoon cornstarch, one teaspoon vanilla. Beat egg whites until stiff, then add sugar and cornstarch. Put in double boiler

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and cook fifteen minutes. Stir occasionally. Remove and add cocoanut and vanilla. Drop in spoonful on pan and bake fifteen minutes.—Mrs. W. Peters.

COCOANUT WAFERS.—Two tablespoons butter, one-fourth cup sugar, one egg, one cup cocoanut, one-half cup flour, one teaspoon baking powder, one-eighth teaspoon salt. Cream the butter and sugar and add the well beaten egg and the cocoanut. Sift the salt, baking powder and flour together and add to the butter, etc. Mix well, chill thoroughly. Drop on greased pans in small balls; press with fork to one-half inch in thickness and bake in a moderate oven.—Mrs. Fred B. Hames.

CORN FLAKE MACAROONS.—Beat two whites of eggs stiff and dry, add gradually one-half cup sugar, and continue to beat; fold in two cups cornflakes, one-half cup cocoanut, pinch of salt. Drop from spoon on a greased pan. Bake in a slow oven about twenty minutes.—Mrs. C. W. Hames.

OATMEAL ROCKS.—Two cups brown sugar, two cups oatmeal, two cups flour, three-fourths cup butter, two eggs, one-half cup sour milk, one teaspoon soda dissolved in milk, one teaspoon each cloves, ginger, cinnamon and allspice, one cup raisins, one cup chopped walnuts.—Mrs. A. I. Kanten

OATMEAL DROP COOKIES.—Two cups oatmeal, two cups flour, two cups brown sugar, one cup butter, one cup sour milk, one cup raisins, and one cup walnuts chopped, two eggs, one teaspoon soda, one teaspoon each cinnamon, nutmeg, salt. Drop on to buttered pans.—Mrs. G. L. Kroshus

DROP COOKIES WITH SOUR CREAM.—One-half cup butter, one cup sugar, one-half cup sour cream, one egg beaten light, one-fourth teaspoon soda, two and one-half cups flour, three and one-half level teaspoons baking powder. Stir soda in cream; drop from spoon on buttered tin and bake in hot oven.—Mrs. J. P. Anderson.

SOUR CREAM COOKIES.—One-half cup butter, one cup sugar, one egg (beaten), one-half cup sour cream, one-fourth teaspoon soda, two and one-half cups flour, three and one-half level teaspoons baking powder. Mix

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in usual manner. Stir soda in cream, mix very thoroughly. Have all measured very accurately. Shape round in buttered tin. Bake in hot oven.—Mrs. A. Lea.

CARAMEL COOKIES.—One cup brown sugar, two eggs, one cup shortening, one-half cup table syrup, five cups flour, two teaspoons soda, salt. Roll very thin. After they are baked put together with icing sugar mixed with lemon juice and a little butter.—Mrs. P. O. Anderson.

SOUR CREAM CRULLERS.—One egg, one cup sugar, one cup sour cream, one teaspoon soda, pinch of salt. Add a dash of nutmeg, cinnamon or other flavoring. Mix to a soft dough, roll out three-fourths inch in thickness, cut in any shape and fry in hot lard. Roll in powdered sugar.—Mrs. T. G. Ross.

ROCKS.—One cup sugar, three eggs, one cup sour milk, one teaspoon cinnamon, cloves and allspice, one teaspoon soda, one cup chopped walnuts, one box dates, pinch of salt, enough flour to make stiff enough to drop in pan.—Mrs. G. A. Fraser.

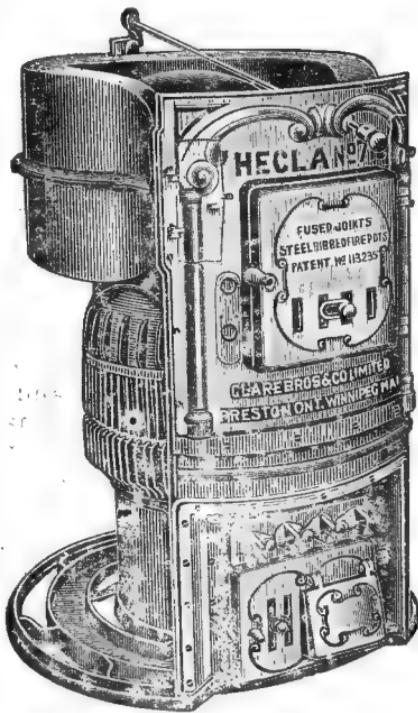
ROMAN ROCKS.—Four well beaten eggs, one and one-half cups brown sugar, one cup butter, one pound walnuts, one pound dates, one teaspoon soda (dissolved), flour to make quite stiff. Drop on buttered tins. Bake in a quick oven.—Mrs. J. Coates.

DROP CAKES.—One cup flour, three eggs, one teaspoon baking powder, three tablespoons cold water, one cup sugar, one-half teaspoon vanilla. Beat egg separately until very light, then mix together. Add sugar and beat again, then add water and vanilla. Sift flour and baking powder and add to mixture. Bake in moderate oven twenty minutes. Frost, or serve with whipped cream.—Mrs. G. H. Batterley.

CREAM PUFFS.—One-fourth cup butter, two eggs, one-half cup flour, one-half cup hot water. Bring to a boil one-half cup hot water, and one-fourth cup butter, then beat in one-half cup flour. Remove from fire and add two eggs one at a time, and beat till smooth. Drop by spoonful on to a buttered pan or muffin tin, and bake in moderate oven thirty minutes. When cold fill centre with

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whipped cream. This amount makes nine small cakes.—Mrs. W. Jones.

SOUR MILK DOUGHNUTS.—One cup thick sour cream, one and three-fourths cups sour milk, one cup sugar, two eggs, one teaspoon salt, one teaspoon soda, one teaspoon cream of tartar, four drops lemon tube flavor, grated nutmeg to taste, flour enough to make soft dough. Beat eggs, add cream and milk, sugar, salt, soda, cream of tartar, nutmeg, lemon and flour. Set dough aside to cool for three hours. Roll out and cut, fry in hot fat. Drain and sprinkle with sugar.—Mrs. J. R. Martin.

DOUGHNUTS.—Two cups sugar, two cups sweet milk, four eggs, four tablespoons melted lard, four teaspoons baking powder, one teaspoon nutmeg, two teaspoons salt. Mix sugar and milk and lard; sift baking powder and salt and nutmeg together; add the eggs last. Mix just enough to roll out nicely about one-half inch, and fry in hot lard.—Mrs. W. R. Kyle.

CREAM PUFFS.—One cup water, half cup butter, one cup flour, three eggs. Boil water and butter together and stir in the flour while boiling. Take from the fire, and when cool stir in the eggs gradually one by one. Mix well, drop by large spoonful in muffin rings or large baking pan, two inches apart. Bake twenty minutes in a hot oven, and avoid opening the door. Filling: Five even teaspoons of flour, one cup milk, one-half cup of sugar, one egg. Beat egg and sugar together, add flour, stir all into milk while boiling. Open cakes with knife and fill.—Mrs. J. J. Murphy.

DOUGHNUTS.—Three eggs beaten very light, one cup sugar, beat more; eight tablespoons sweet cream, one-half teaspoon salt, one-half teaspoon nutmeg, one cup milk, two heaping teaspoons baking powder, flour enough to roll.—Mrs. Carl Johnson.

RAISED DOUGHNUTS.—One cake yeast, one pint of milk, one egg, one-half cup sugar, a little salt and a dash of nutmeg. Mix into a sponge and let rise until light, and then roll out into rings one inch thick, and let rise again until very light. Fry in hot fat and roll in sugar.—Mrs. J. W. Locke.

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NUT DOUGHNUTS.—One and one-fourth cups sugar, four tablespoons butter, one and one-half cups milk, two eggs, four teaspoons baking powder, one cup chopped English walnuts, one teaspoon vanilla, one-half teaspoon salt, flour to make soft dough. Cream butter and sugar, add eggs well beaten, milk, salt, extract, baking powder, nuts and flour to make a soft dough. Chill mixture for a couple of hours, roll out, cut with cutter and fry in hot fat. Sufficient for seventy-five doughnuts.—Mrs. Fred Alderson

JAM JAMS.—Two eggs, one cup brown sugar, one cup shortening, six tablespoons molasses, one and one-half teaspoons baking soda, one teaspoon lemon, one teaspoon ginger, flour to roll thin. Cook and put jam between while warm.—Mrs. D. A. Leekie.

JAM COOKIES.—One cup shortening, butter or substitute, three-fourths cup white sugar, one teaspoon vanilla, two teaspoons soda dissolved in four tablespoons boiling water, one egg, one-half cup demalco molasses, enough flour to make soft dough. Roll out and bake in hot oven. Put together when cool with raspberry jam.—Mrs. J. B. Smith.

GEM GEMS.—One cup butter creamed with one-half cup brown sugar, one egg well beaten, one-half teaspoon soda dissolved in a little water, add enough flour to roll. Cut with cookie cutter, using doughnut cutter for half. When cool put together with jelly.—Mrs. G. W. Ross.

GEM COOKIES.—Two cups flour, one tablespoon butter, one teaspoon baking powder, one-half cup sugar, two eggs, one cup milk. Cream the butter and sugar, add eggs, beating them into other mixture one at a time, then add flour, baking powder and currants, mixing alternately with the milk. Drop by spoonful into greased pan. Bake in a fairly hot oven.—Mrs. R. Myers.

SCOTCH SHORT BREAD.—One pound butter slightly creamed (not melted), one cup fruit sugar, four cups flour, pinch of soda.—Mrs. Carter.

SCOTCH SHORT BREAD.—Two pounds flour, one pound butter, one-half pound fruit sugar. Cream butter and

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sugar, then work in flour till good and firm. Make into cakes of desired thickness, and bake in slow oven until light brown.—Mrs. W. Jones.

SCOTCH GRIDDLE SCONES.—Three cups flour, three teaspoons sugar, one teaspoon baking soda, one-half teaspoon cream of tartar, butter size of a walnut. Mix dry ingredients and rub in butter, add sour or buttermilk enough to make a soft dough. Roll out on floured board one-fourth inch thick and cut according to size desired. Bake on a hot dry griddle.—Mrs. G. Lawrence.

SWEET MILK SCONES.—Two cups flour, two teaspoons sugar, two and one-half teaspoons baking powder, three-fourths cup sweet milk, one teaspoon butter, one-half teaspoon salt. Mix flour and baking powder, rub in butter, mix soft and bake in hot oven. When done brush with yolk of egg.—Mrs. J. L. McCullough.

APPLE FRITTERS.—One cup sweet milk, two cups flour, one heaping teaspoon baking powder, two eggs beaten separately, one tablespoon of sugar and a saltspoon of salt. Heat the milk a little more than milk warm, add it slowly to the beaten eggs and sugar, then add flavoring and the whites of the eggs. Stir all together and throw in thin slices of good sour apple, dipping the batter up over them. Drop into boiling hot lard in large spoonful, with pieces of apple in each, and fry to a light brown. Serve with maple syrup or a nice syrup made of clarified sugar. Bananas, peaches, sliced oranges and other fruit can be used in the same batter.—Mrs. A. L. Munger.

COBURG CAKES.—Eight ounces flour, three and one-half ounces shortening, three ounces sugar, two eggs, one tablespoon syrup, one tablespoon hot water, one-half teaspoon soda, small teaspoon ginger, one-half teaspoon cinnamon and mixed spices. Sift flour, soda and spices, melt the syrup with hot water, beat shortening and sugar to a cream. Add melted syrup, then flour and eggs, beat well. Put in well greased patty tins and bake for fifteen minutes.—Mrs. Melville.

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FRUIT TEA CAKES.—Two eggs beaten until light, add one cup brown sugar, one cup butter or lard, one-half teaspoon soda, one teaspoon cinnamon, two cups currants, flour to roll out. Mix soda, cinnamon and currants into flour; mix all together.—Mrs. R. H. Lowes.

HERMIT CAKE.—Cream together one cup brown sugar, one-half cup butter, two eggs, one-half cup warm water, one and one-half cups flour, one teaspoon soda in flour, one pound chopped dates, one-half cup walnuts broken, one teaspoon vanilla.—Mrs. P. R. Mallory.

SAND CAKES.—One pound butter, two cups sugar, two eggs, five cups flour, extract. Squeeze it in small form. Bake until light brown.—Mrs. O. Bjornson.

RAGGED ROBINS.—Whites of two eggs beaten dry, one-half cup sugar, one-half teaspoon vanilla, one-half pound of dates split, one cup chopped walnuts, one and one-half cups cornflakes, pinch of salt. Drop in spoonful and bake in slow oven.—Mrs. C. J. Lee.

ANGELS' DELIGHT.—One and one-half cups oatmeal, one cup brown sugar, one cup butter, one and one-half cups flour, one teaspoon soda, pinch of salt. Rub all together like pie crust. Filling: Two pounds dates (stoned), one cup sugar. Cook until soft and not too juicy. Put half of crumbs in buttered pan. Spread on dates, then the rest of the crumbs. Bake in a moderate hot oven. Be sure the date filling is cold before putting into the cake. Put rolled oats through the food chopper. The cake does not come out of pan.—Mrs. J. J. Ashby.

CORNFLAKE FANCIES.—Beat whites of two eggs until stiff, add gradually one-half cup granulated sugar, one-half teaspoon salt. Fold in two cups corn flakes and one-half cup cocoanut. Drop mixture from tip of spoon on to a well greased tin one inch apart. Flatten with a fork dipped in cold water. Bake in a moderate oven until delicately browned.—Mrs. G. H. Glover.

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FIG BARS.—One pound of chopped figs, one-fourth teaspoon salt, one cup chopped nuts, one cup sugar, one cup flour, four eggs. Put figs through the food chopper. Sift together flour, sugar and salt. Add half of this to fig and nut mixture, and mix thoroughly. To the rest add the yolks of four well beaten eggs, and stir into mixture. Fold in stiffly beaten whites and press mixture, which will be quite thick, into a well greased pan about nine inches square. Bake in a moderate oven until firm—about thirty minutes. Turn out, cool, cut in bars, and roll each one in powdered sugar.—Mrs. F. E. Jones.

FRESNO SQUARES.—One-third cup sugar, one-half cup crisco, one-third cup molasses, two eggs, one cup seeded raisins, one cup flour, one cup nuts chopped, one-fourth teaspoon salt, one-half teaspoon vanilla. Cream crisco and sugar together. Add eggs well beaten, molasses, vanilla, flour, salt and nuts. Divide into small fancy greased tins, or bake in greased sheet tin one-half hour in moderate oven. Cut in squares.—Mrs. Otto Hoffos.

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TURKISH DELIGHT.—Four level tablespoons KNOX GELATINE, one-half cup boiling water, four cups granulated sugar, one cup cold water. Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved add the sugar and boil slowly for fifteen minutes. Divide into two equal parts. When cooled add to one part one teaspoon extract of cinnamon, to the other one-half teaspoon extract of cloves. Pour into shallow pans that have been dipped in cold water. Let stand over night. Turn out, cut in squares, roll in powdered sugar. Any coloring or nuts may be added as desired.—Mrs. Robinson.

DIVINITY FUDGE.—Two and one-half cups white sugar, one-half cup white syrup, one-half cup boiling water. Let boil until a soft ball forms in cold water. Pour one-third of mixture over the whites of two eggs beaten stiff. Boil the rest until it cracks when tried in cold water. Then pour over other part and add one cup nuts.—Mrs. J. E. Barber.

PRESSED POP CORN.—One cup molasses, one cup sugar, one tablespoon cream. Boil until it begins to harden, then add a pinch of soda and one tablespoon vinegar. Pour over popped corn and add one cup peanuts.—Mrs. J. E. Barber.

PEANUT BRITTLE.—Spread about fifteen cents worth of peanuts in a flat greased pan (7x10). Melt down one big cup of white sugar without burning it. When well melted, add a teaspoon of butter, a teaspoon of vanilla, and stir in well. Just before pouring it over the warm peanuts add a good pinch of soda and stir it in quickly.—Mrs. P. O. Anderson.

TOFFEE.—Three cups brown sugar, two cups syrup, two ounces butter. Boil together for ten minutes or until it hardens in a cup of cold water. Pour into greased pan and cut into squares before it sets too hard.—Mrs. A. Herron

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SELECTED RECIPES

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COCOANUT CREAM CANDY.—Melt two teaspoons of butter, add one and one-half cups milk and one and one-half cups sugar. Heat together to boiling point and boil until a soft ball is formed when syrup is dropped in cold water. Stir occasionally to prevent burning. Remove from fire and add one-third cup of shredded cocoanut and one-half teaspoon vanilla. Beat until mixture is creamy. Pour into buttered pans and mark into squares.—Mildred Draxton

PENOCHÉ.—One and one-half tablespoons butter, one-half pound English walnuts, two cups brown sugar, three-fourths cup milk. Put sugar, butter and milk into saucepan and boil until soft ball can be formed. Remove from fire and add nuts, chopped. Beat until creamy, turn into buttered tin, and mark into squares.—Cora Draxton.

CHOCOLATE CARAMELS.—Two cups brown sugar, one cup molasses, one cup chocolate grated fine, one cup boiled milk, one tablespoon flour, butter the size of an egg. Let it boil slowly for an hour, and pour on flat tins to cool.—Jessie Stewart.

BUTTER SCOTCH.—Three fourths cup molasses, one cup sugar, two tablespoons vinegar, two tablespoons boiling water, one-half cup butter. Boil until brittle when tried in cold water. Then turn into well buttered tins and cut into squares.—Stella Fenn.

FUDGE.—Butter the size of a walnut, one cup brown sugar, one cup white sugar, one-half cup milk, one and one-half squares chocolate, one teaspoon vanilla. Boil until it will make a soft ball in water, then pour on to buttered plate to cool.—Miss Alice Kanten.

SALTED NUTS.—Select raw peanuts or fresh almonds, walnuts or pecans. Remove skins of almonds by pouring boiling water over and allowing them to stand from two to three minutes or until the skins are loosened. Place nuts in a wire basket and lower it into deep Crisco heated to 390 degrees Fahrenheit or until a cube of bread will brown in forty seconds. Fry until delicately brown. Remove, drain on paper and sprinkle generously with salt.—Mrs. Otto Hoffos.

ICE CREAM CANDY.—Two cups sugar, one-half cup water, one tablespoon vinegar, one teaspoon cream of tartar.

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butter size of a walnut. Put all together except butter, and boil briskly until it hardens when dropped in cold water. Put in butter and desired flavoring and pour on buttered platter, and when cold enough, pull until white. Do not stir while boiling and if sugar crystals form on side of pan while cooking wash around with a clean wet cloth.—Mrs. W. Moyer.

MARSHMALLOWS.—Two tablespoons KNOX GELATINE, two large cups granulated sugar, a pinch of salt, flavoring to taste. Soak the gelatine in eight tablespoons cold water. Heat the sugar with one-half cup water until dissolved. Add gelatine to syrup and just bring to a boil, then take off the stove and let stand in a bowl until partially cool. Add salt and flavoring and beat with a whip until soft, then with a large spoon until only soft enough to settle into a sheet. Dust granite pans thickly with fine powdered sugar. Pour in the candy about one-half inch deep and set to cool until it will not come off on the finger. Turn out on powdered sugar paper. Cut into cubes and roll in sugar. Nuts, browned cocoanut, chocolate or candied fruit may be beaten in or the marshmallows may be rolled in grated cocoanut before being powdered.—Mrs. E. S. Bearman.

TOFFEE.—One pint brown sugar, one cup boiling water, one tablespoon vinegar, one ounce butter, flavoring. Boil twenty minutes or until it will harden in water, then pour on buttered plates to cool.—Jessie Stewart.

SEA FOAM.—Three cups light brown sugar, one cup water, one tablespoon vinegar. Cook to a syrup and pour over beaten whites of two eggs. Add vanilla and one cup nuts when done.—Mrs. R. Myers.

COCOANUT DROP CANDY.—To two cups of shredded or grated cocoanut add half its weight of sugar and the white of one egg beaten stiff. Mix thoroughly and drop on buttered white paper. Bake fifteen minutes.—Mrs. R. Myers.

WHITE FONDANT.—Two cups sugar, two-thirds cup hot water, one-eighth teaspoon cream tartar. Put ingredients into a smooth granite stew pan. Stir, place on stove

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and heat gradually to the boiling point. Boil without stirring until when dropped in cold water a soft ball may be formed that will keep its shape. Keep sugar from adhering to sides of pan. When ready, pour slowly on a slightly oiled platter. Let stand a few minutes to cool but not long enough to become hard around the edge. Work with a wooden spoon until white and creamy. It will quickly change from this consistency and begin to lump, when it should be kneaded with the hands until perfectly smooth. Put into a bowl, cover with oil paper and let stand twenty-four hours. Roll into separate pieces and flavor any desired flavor.—Mrs. C. C. West.

PATIENCE CANDY.—Three cups sugar, one scant cup milk, one cup nuts, vanilla. Melt one cup of sugar in a frying pan. Do not burn it. Boil two cups sugar and the milk. Pour melted sugar while very hot slowly into the boiling syrup. Beat constantly until all is thoroughly mixed. Boil until it forms a soft yet firm ball in cold water. Add a bit of butter and vanilla. Remove from stove and let partly cool before beating. Add nuts, pour in buttered plate and cut in squares.—Mrs. Jack Powers.

NUGGET CANDY.—Two cups white sugar, one cup water, one-half cup corn syrup. Boil until it breaks in water. Then pour over whites of two well beaten eggs and beat until stiff. Add nuts if preferred.—Mrs. C. E. Barr.

WALNUT CREAMS.—Take one white of egg and mix stiff with powdered sugar and flavor with vanilla. Roll into little balls and place a half walnut on the side of each ball.—Mrs. W. G. Lowes.

FARMERS' SODA.—Strain the juice of a lemon into a tumbler. After adding a tablespoon of powdered sugar fill the tumbler two-thirds full of cold water. Stir until sugar is dissolved, then add a small teaspoon of soda. Stir, and drink while effervescing.—Mrs. P. R. Mallory.

RHUBARB WINE.—Cut the stalks into small pieces one inch long. After washing the rhubarb add to every quart one quart of boiling water. Let stand seven days, then strain all juice and add one pound of sugar to every quart of juice. Stir well until dissolved, then stir in raw

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egg to gather mother. Let stand three weeks; then skim, strain and bottle.—Mrs. J. L. McCullough.

CREAM NECTAR.—Two ounces Tartaric acid, juice of one lemon, three pints water. Boil together. When nearly done add the whites of three eggs well beaten and two pounds of white sugar. Bottle and keep in a cool place. For a drink take two tablespoons to a glass of water, adding a little soda.—Mrs. Robinson.

SHERBERT.—Make a syrup of four cups sugar and one quart of warm water. Add the juice and rind of twelve oranges and six lemons; cover and let cool for two hours. Strain and freeze in freezer as usual. When frozen, work with a wooden spoon and add cold meringue made of two whites of eggs beaten stiff and two tablespoons powdered sugar. To transform Sherbert into Punch for a party, add to the cold meringue before mixing with sherbert one wine glass of one of the following wines or liqueurs according to your taste: Benedictine, Kirsch, Marasquino, Kulmel, Crema de Menthe. Then let the mixture stand for an hour until firm, and serve.—John Minazzi.

FORMULA FOR A HYGENIC AND PLEASANT DRINK.

—Boil three ounces of rice in a quart of water for twenty minutes. Pass the liquid through a cloth into a glass or earthenware jug, wherein you have placed a small lemon cut in slices, and let cool. One may add half an ounce of liquorice root but this is not absolutely necessary. However, the liquorice adds to the flavor.

The rice may be used to make a salad by adding according to taste, peas, French beans, carrots, tomatoes and green peppers.

It should be borne in mind that during hot weather cooked salads are preferable to raw ones.—Mrs. A. Nougaret

GINGER CORDIAL.—One ounce Tartaric acid, one-half ounce of tincture of cayenne, one-half ounce essence of ginger, three lemons sliced very thin, three and one-half pounds granulated sugar. Pour over all eight quarts boiling water. Let stand forty-eight hours. Strain and bottle.

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GINGER PUNCH.—One quart cold water, one cup sugar, one-half pound of Canton ginger, one-half cup orange juice, one-half cup lemon juice. Chop ginger, add to water and sugar and boil fifteen minutes. Then add fruit juice. Cool, drain and dilute with crushed ice.

PUNCH.—(For fifty people). One cup water, two cups sugar, one cup tea infusion, one quart Apollinaris, two cups strawberry syrup, juice of five lemons, juice of five oranges, one can grated pineapple, one cup maraschino cherries. Make a syrup by boiling the water and sugar ten minutes. Add the tea, strawberry syrup, lemon juice, orange juice. Drain and add ice water to make one and one-half gallons liquid. Add the cherries and appollinaris. Serve in punch bowl with a little ice.—Mrs. J. L. McCullough

EGG CHOCOLATE.—Two teaspoons cocoa, two teaspoons sugar, one-half cup water, one-half cup cream. Cool and add cream and well beaten egg. This makes one cup.

FRUIT SALTS.—Two ounces Epsom salts, two ounces cream of tartar, two ounces Tartaric acid, two ounces Carbonic acid, one pound icing sugar. Sift together through flour sifter and use one teaspoon to a glass of water.—Mrs. A. Herron.

SUGGESTION.—In hot weather use sugar and fresh lemon in hot or cold tea instead of cream.





